

www.ebparks.org

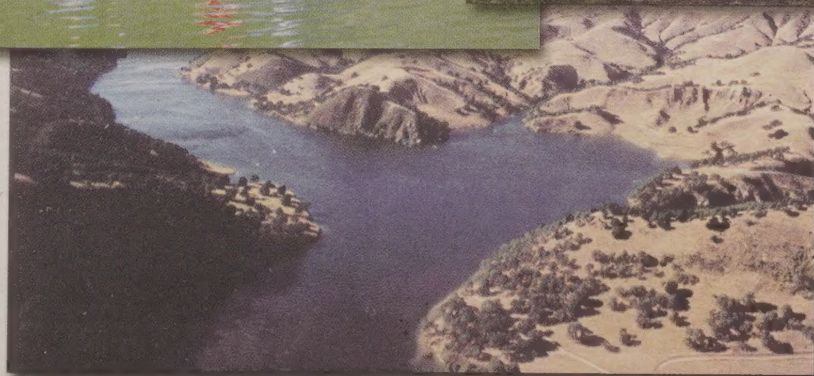
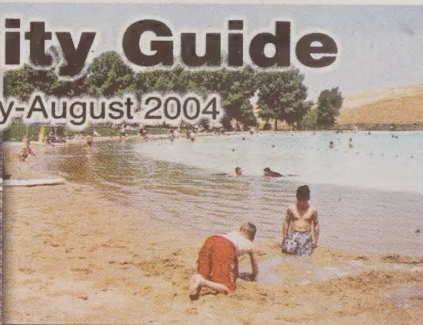
"Regional in Nature"



East Bay Regional Park District

Activity Guide

July-August 2004



IN THIS ISSUE:

Summer Day Camps
Tai Chi Chih
Dreaming in Nature—A Dream Interpretation Workshop
Guided Autobiography For Mature Adults
Feeling Good All the Time
Scenic Photography
Pier, Fly & Bass Fishing

Lake Appreciation Week

in the Regional Parks

July 1-6

WebReg Online Registration—www.ebparks.org/events.htm



Celebration 70 years of Regional Parks
recreation, education, and preservation!

Property owners have chance to protect open space, promote balanced land-use



Photo by Nancy McKay

The Carquinez Strait as seen from the land-banked C & H property of Carquinez Strait Regional Shoreline. The \$175 million open space measure will target similar open space lands along creeks, shorelines, and open spaces for protection from future development, in addition to conserving water quality, protecting farmland, and providing parks and recreational facilities for county residents.

In June, Contra Costa property owners will be able to vote on the Parks, Open Space and Clean Water Measure. The Open Space Measure will provide funding to protect, restore and maintain parks, open space lands, wildlife areas, shorelines and lands around creeks and streams to maintain water quality.

Supported by a broad coalition of elected officials, businesses, and environmental organizations, the measure includes fiscal safeguards and citizens' oversight in the management of funds.

If the measure is approved, ap-

proximately \$8 million per year will be invested into Contra Costa County's open spaces, shorelines, regional trails, and neighborhood parks and recreation areas.

Ballots were mailed starting June 10, 2004, to all Contra Costa property owners. Contra Costa property owners should receive their mail ballot no later than June 15.

The deadline to return ballots is July 27. If you have questions about the Measure or don't receive a ballot, please call (925) 335-1232.

The Open Space Measure would fund the following projects throughout Contra Costa County:

- Mt. Diablo State Park—expansions and preservation.
- Richmond Shoreline—preservation and restoration with potential to create trails and public access.
- Muir Heritage Corridor, rolling hills north of Briones Regional Park—protect and preserve scenic beauty and ranching heritage.
- Creek and Watershed Restoration—protect land around creeks, streams and lakes.
- Open space acquisitions: West Moraga, Indian Valley, Burton Ridge Open Space, El Sobrante Hills, Big

Break Shoreline Park, John Mather Home Pioneer Park.

- Creation of Lindsay Wildlife Museum Offsite Rehabilitation Center
- Wildcat Creek Trail extension
- Restore and improve neighborhood parks, urban recreation areas, and playgrounds.
- Restore and maintain existing regional parks, open space, and shorelines maintained by East Bay Regional Park District and California Department of Parks and Recreation.

For more information, including a complete list of specific projects to be funded and a detailed project map, visit www.cocopeningspace.org.

Habitat restoration project begins on 17-acre parcel at Eastshore State Park

The East Bay Regional Park District has begun the first phase of the much-anticipated Berkeley Meadow Restoration project at Eastshore State Park.

In the spring, several thousand cubic yards of clean fill dirt were moved to Eastshore State Park's North Basin area just south of Gilman Street in Berkeley. This summer, contractors will begin moving the soil to its new location in the southern portion of the 75-acre Berkeley Meadow area just north of University Avenue.

According to Brad Olson, the Park District's Environmental Program Manager, the clean fill dirt is needed to create and enhance suitable habitat for seasonal wetlands, coastal prairie, and scrub. California has lost over 95 percent of its coastal wetlands to development over the past hundred plus years.

The State of California owns the majority of Eastshore State Park and partners with the Park District to manage the site. Ownership is actually split 89/11 percent.

Eventually, both agencies would like to see all 75 Berkeley Meadow acres restored should funding become avail-

able.

"Currently, we're solely focused on stage one, which is approximately 17 acres and would include a walking path for visitors," states Olson. "We've been anticipating this restoration for quite awhile but the funds just weren't available."

Olson explains that commercial property and investments purchased by Cherokee-Simeon (CSV) approached the Park District about funding the project to mitigate for 2.4 acres of impacts to degraded seasonal wetlands near the Oakland Coliseum.

The agencies met with several individuals and organizations to discuss the proposal, including Citizens for Eastshore State Park, Sierra Club, Golden Gate Audubon Society and California Native Plant Society.

All of these organizations agreed to support the proposal on the condition that funding be provided for long-term management and compensation for loss of public lands. The District will receive \$365,335 from CSV to fund the 17-acre restoration and oversee future management of the site.

CONTENTS

Aquatics.....	4
Recreation Programs.....	5-6
Ardenwood.....	6-8
Black Diamond.....	8-9
Coyote Hills.....	9-10
Crab Cove.....	10
Sunol.....	10-11
Tilden Nature Area.....	11-12
Other Regional Parks.....	12-14
Volunteer Programs.....	14
Educators Academy.....	14
Registration & Fees.....	15
Visitor Centers/Swim Areas.....	15
Special Facilities.....	15
Registration Form.....	Back cover

General Info/Free Brochure:

***** (510) 562-PARK
Camping Reservations

***** (510) 562-CAMP
Picnic Reservations

***** (510) 636-1684
Naturalist Program Reservations

***** (510) 636-1684
TDD..... (510) 633-0460

Website..... www.ebparks.org

chabot space & science center

The universe is yours to experience. Set amid 13 trail-laced acres in Redwood Regional Park, with glorious views of San Francisco Bay and the Oakland foothills, Chabot offers hands-on interactive exhibits, planetarium shows, large format films and powerful telescopes. Make it a family day with a visit to the Center, followed by a picnic and a swim in nearby Roberts Regional Recreation Area.

Advance tickets call (510) 336-7300
10000 Skyline Blvd., Oakland, CA 94619
Joaquin Miller Road exit
off Highway 13, left on Skyline Blvd.
www.chabotspace.org

East Bay Regional Park District is a partner with Chabot Space and Science Center

Visit www.ebparks.org for map downloads, activity and event information, and much more!



Waterbirds like these godwits will benefit from habitat restoration along the shore of Eastshore State Park.

Lake Appreciation Week—July 1-6

On Sunday morning, July 4, Regional Parks staff will be handing out free "Lake Appreciation" gifts at the entry kiosks to all of the Regional Park



Photos by Nancy Mackay

Fishing at Lake Chabot.

lakes. The giveaway marks Lake Appreciation Week, part of the California Department of Water Resources' CARE program, aimed at preserving the quality of water at our parks and reservoirs. For more information on the CARE program log on to www.water.ca.gov.

The Park District's lakes, lagoons, and swimming pool provide scenic beauty along with recreational fun. Lifeguards are on duty from 11am-6pm. See

page 15 for swim facility locations.

Following is a brief overview of some of the Park District's swimming and water-oriented opportunities.

Lake Anza, Tilden Regional Park, Berkeley, is a popular swimming site with a sandy beach, changing rooms, snack stand, drinking water, ample parking, and trail access. Picnic grounds are located nearby. The lake is open for fishing throughout the year.

Lake Del Valle outside Livermore is a five-mile lake with all kinds of water recreation. There are two swim beaches, many picnic and camping sites, boat rentals, launching areas, lake tours, and excellent fishing.

Quarry Lakes in Fremont is the Park District's newest water recreation park. A white, sandy beach and bathhouse are available at Horse Shoe Lake. Fishing and boating are also popular activities.

Shadow Cliffs in Pleasanton hosts an 80-acre lot and four-flume water-slide. Rowboats, electric motorboats, and paddleboats are available to rent, or visitors may launch their own boats.

Lake Temescal in Oakland is a 13-acre lake, popular for swimming and shoreline fishing. The setting is lush with native and ornamental plants.



Lake Del Valle.

Sign up today for summer camp programs!

The Park District's **Park'n It Summer Day Camp** offers six, one-week sessions at three locations in June, July, and August. This camp experience has a little bit of everything for children entering 1st through 8th grades—fishing, swimming, crafts, hiking, field trips, and much more. Our **Open Water Junior Lifeguard** program is also offered at six lake locations. This unique and challenging program

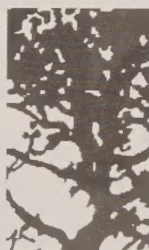
provides quality water safety education for 9- to 15-year-olds. Junior lifeguards are taught valuable lifesaving skills and get hands-on experience using lifeguard equipment. The focus is always on healthy exercise and plenty of fun.

For more information about all our summer programs, call (510) 636-1684, visit www.ebparks.org, or call (510) 544-2510 for a Day Camp Directory.

Calling all Instructors!

The East Bay Regional Park District is looking for enthusiastic instructors with class ideas of all types—in the parks, canoe instruction, martial

art, fitness, or something new and unique! If you have a class you would like to offer in the parks, please phone us at (510) 544-2553.



Regional
Parks
Foundation
P.O. Box 21074,
Crestmont Station,
Oakland, CA 94620

The Regional Parks Foundation is a sole-purpose foundation in support of the East Bay Regional Park District

ANNOUNCING

Vehicle donation program helps make a difference!

The Regional Parks Foundation is excited to announce its brand new vehicle donation program. The Foundation has teamed up with Donate For Charity, a company that specializes in processing vehicle donations for nonprofit organizations. Donate For Charity arranges for vehicle pickup, handles all the DMV issues, sells the vehicle at auction, and distributes the net proceeds to the Regional Parks Foundation. So if it's time to replace an older car, or if you have a boat and trailer that are just taking up space in the garage, consider making a donation. You'll avoid the headache of selling a used vehicle, help the Regional Parks Foundation fund its ongoing efforts, and receive a receipt entitling you to deduct the fair market value of your vehicle as a tax-deduction. When you're ready to donate, or, if you have relatives or friends

that wish to donate, simply call Donate For Charity toll-free at (866) 392-4483 or donate on-line at www.regparksfdn.org. Take advantage of this new opportunity and help us expand our commitment to serving the East Bay through preserving the environment, providing opportunities for outdoor recreation, and offering environmental education.

Donate your used vehicle . . .



...through Donate For Charity, and get a tax deduction! Call toll-free (866) 392-4483 or donate on-line at www.regparksfdn.org



Photo by Dave Riensche

Thanks, Volunteers!

The Park District would like to thank New United Motor Manufacturing, Inc. (NUMMI) for their grants and helping hands in numerous habitat enhancement projects, Starbucks Coffee Company for participating in Earth Day clean-up, Chevron Richmond Refinery for their financial support in sending disadvantaged youths to Camp Arroyo, and ChevronTexaco for their upcoming habitat creation for endangered shorebirds. To find out how your organization or corporation can help in the parks, please call the Regional Parks Foundation at (510) 544-2212.

8th annual Scene on the Strait-free art festival at Martinez waterfront August 14 and 15

The free 8th annual Scene on the Strait Festival will take place Saturday and Sunday, August 14 and 15, at Martinez Regional Shoreline in Martinez.

Sponsored by the Carquinez Regional Environmental Education Center (CREEC), the event is the largest outdoor art and environmental festival in California. Hours are 11 a.m. to 5 p.m. on August 14 and 11 a.m. to 4

p.m. on August 15.

Proceeds from sales will benefit the environmental and habitat restoration work along the waters of Carquinez Strait. To reach the event, take the Marina Vista exit off I-680 in Martinez. Turn left, then right on Ferry Street in Martinez to the event parking. For more information call (510) 787-9772 or visit www.CREECyouth.org.

All Regional Parks open for the Fourth of July

All Regional Parks will be open on July 4, with all picnic sites available on a first-come, first-served basis—arrive early for a choice of sites, especially at parks with swim areas. Portable barbecues are allowed, but must be kept on

lawn areas away from dry grass and brush. **No fireworks of any kind are allowed in the regional parks**, not even the "safe and sane" variety, due to the high fire danger during the dry summer season.

ROBERTS POOL SWIM PROGRAMS

MORNING SWIM LESSONS

Roberts Pool, Oakland Staff
Group lessons for children. Ten half-hour lessons scheduled on weekday mornings for two consecutive weeks. Bring a picnic lunch. (*Please note that all Level V and Level VI/VII classes are 45 minutes. Level VI/VII is 10-10:45 a.m., Level V is 10:45-11:30 a.m.)

Registration Required: (510) 636-1684
Fee: \$50/session (non-res. \$56) (*All level V and VI/VII classes are \$70/session, non-res. \$78)

Session 2: 6/28-7/9 (Mon.-Fri.)
10-10:30am Levels I, II, III
10-10:30am Levels I, II, III, IV
11-11:30am Levels I, II, IV
11-11:30am Parent and Me, II, III

Session 3: 7/12-7/23 (Mon.-Fri.)
10-10:30am Levels II, III, IV, VI/VII*
10-10:30am Levels I, III, IV, V*
11-11:30am Levels I, III, IV, II, III

Session 4: 7/26-8/6 (Mon.-Fri.)
10-10:30am Levels I, II, III, IV
10-10:30am Levels I, II, III, IV
11-11:30am Levels I, II, IV
11-11:30am Parent and Me, II, III

Session 5: 8/9-8/20 (Mon.-Fri.)
10-10:30am Levels II, III, IV, VI/VII*
10-10:30am Levels I, III, IV, V*
11-11:30am Levels I, II
11-11:30am Parent and Me, II, III

Session 6: 8/23-9/3 (Mon.-Fri.)
10-10:30am Levels I, II, III, IV
10-10:30am Levels I, II, III, IV
11-11:30am Levels I, II, IV
11-11:30am Parent and Me, II, III

EVENING SWIM LESSONS

Roberts Pool, Oakland Staff
Group lessons for children and adult beginners. Ten half-hour lessons scheduled on weekday evenings for two consecutive weeks. Bring a picnic dinner.

Registration Required: (510) 636-1684
Fee: \$50/session (Non-res. \$56)

Session B: 6/28-7/9 (Mon.-Fri.)
6-6:30pm Parent and Me
6:30-7pm Levels I, II
7-7:30pm Levels III, Adult Beginner

Session C: 7/12-7/23 (Mon.-Fri.)
6-6:30pm Parent and Me
6:30-7pm Levels I, II
7-7:30pm Levels III, IV

Session D: 7/26-8/6 (Mon.-Fri.)
6-6:30pm Parent and Me
6:30-7pm Levels I, II
7-7:30pm Levels III, Adult Beginner

Session E: 8/9-8/20 (Mon.-Fri.)
6-6:30pm Parent and Me
6:30-7pm Levels I, II
7-7:30pm Levels III, IV

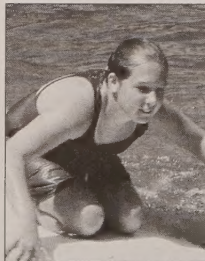
Session F: 8/23-9/3 (Mon.-Fri.)
6-6:30pm Parent and Me
6:30-7pm Levels I, II
7-7:30pm Levels III, Adult Beginner

CONTRA LOMA SWIM LESSONS

Contra Loma, Antioch Staff
Group lessons for children. Ten half-hour lessons scheduled on weekday mornings and evenings for two consecutive weeks (Monday-Friday). See skill level descriptions at left.

Session 2: 6/28-7/9 **Session 5: 8/9-8/20**
Session 3: 7/12-7/23 **Session 4: 7/26-8/6**
9:30-10am Levels I, II, III, IV
10-10:30am Parent and Me, I, II
6:15-6:45pm Parent and Me, I, II
6:45-7:15pm Levels I, II, III, IV

Fee: \$50/session (Non-res. \$56)
Reg. Required: (510) 636-1684



A Junior Lifeguard practices a board rescue.

PRIVATE SWIM LESSONS

Roberts Pool, Oakland Staff
6/14-9/3, Mon/Tues or Wed/Thurs/Fri. 7:30-8pm
Want to improve your swimming skills? Does your child need special attention? Private lessons are offered for all ages at consist of one-on-one instruction to achieve maximum results. Two and three-day sessions available. Includes half-hour lesson each day.

Registration Required: (510) 636-1684
Fee: \$45/two-day session (Non-res. \$51)
\$65/three-day session (Non-res. \$71)

EVENING LAP SWIM

Roberts Pool, Oakland Staff
6-8pm, Mon-Fri, 6/14-9/3
Swimming is one of the best fitness activities; enjoy your workout on a heated outdoor pool in the redwoods. Lane lines provided. (15+ yrs)
Fee: \$3.50/swim or \$25/10 swims

RECREATION SWIM

Roberts Pool, Oakland Staff
11am-6pm, Sat, Sun, & Holidays 4/19-10/10
3:30-5:30pm, Mon. 6/14-8/30
12:30-5:30pm, Tues-Fri. 6/15-9/3

Enjoy swimming in an outdoor pool. Pool is 25 yards long, heated, disabled accessible; lifeguard service provided. 15+ swim adult swim every hour. Children under 1 year get in free.

Information: (510) 636-1684
Fee: \$3/adult, \$2/senior, child & disabled

DISABLED SWIM

Roberts Pool, Oakland Staff
12:30-3:30pm, Mondays only 6/14-8/30
Enjoy our completely accessible pool. The time is reserved exclusively for disabled guests and their families.

Information: (510) 636-1684
Fee: \$3/adult, \$2/senior, child & disabled

PRIVATE POOL RESERVATIONS

Roberts Pool, Oakland Staff
M-F daytime only, 4/12-6/11
M-F daytime only, 9/7-10/8
Roberts Pool is a perfect facility for a private party. Lifeguard service is provided. 15+ person maximum; alcohol not permitted.
Registration Required: (510) 636-1684
Fee: Call

OPEN WATER

SNORKEL/SCUBA EXPLORATION

Shadow Cliffs Local Dive Stores
Ongoing, call for dates & times
Snorkeling and scuba lessons for beginners, and specialty classes for certified divers. (12+ yrs)
Fee: Call **Info: (510) 544-2501**

LAP SWIM

April-October during regular swim hours
Swim laps in a lake—no chlorine, no walls, large lanes! Bring goggles, cap, kickboard, pull buoy and hand paddles as desired.
Available at Lake Anza (Tilden), Quarry Lakes, Shadow Cliffs and Lake Temescal.
Fee: varies **Info: (510) 636-1684**

JUNIOR LIFEGUARDS

9am-3pm, Mon.-Fri. (2-week sessions); Daily extended care available 3-6pm
Beach and water fun for youth. Instruction in water safety, first aid, CPR, lifeguard skills and equipment, and physical conditioning. Emphasis is on self-esteem, teamwork and fun. Must complete a 50-yard swim test the first day. Pre-testing is available. (9-15yrs)
Reg. Required: (510) 636-1684
Fee: \$190/2-week session (non-res. \$210).
10% discount for each additional child in family or for additional sessions when enrolled in more than one.
Uniform fee: \$30 includes T-shirt, hat, swim trunks with patch.
Optional extended care fee: \$120 per session.

AMERICAN RED CROSS LIFEGUARD MANAGEMENT

Trudeau Conference Room, Aquatic Staff
6-9:30pm, Tue, Jun 22 #6454
This course assists aquatic facilities and managers with the skills and information needed to develop and maintain a properly prepared lifeguard team. It is recommended, but not required, that participants hold a current lifeguard training certificate and have either lifeguard or aquatic management

experience. However, this course will be of value to anyone who manages an aquatic facility safety team. The course covers lifeguard supervisor responsibilities, lifeguard selection, injury prevention, minimizing risks, and emergency response planning. No minimum age requirement, but it is recommended that participants are 16+ years.
Reg. Required: (510) 636-1684
Fee: \$55 (non-res. \$61)

RECREATION

For Recreation program information, call (510) 544-2553 or email recreation@ebparks.org. Special Cancellation Policy applies for all Recreation programs; see page 15. All classes dependent on registration minimums. Online registration is available for all Recreation programs.

FREE FAMILY FUN NIGHTS

Various parks **Staff**
5:30-7pm, Thursdays, Jun 17 Shadow Cliffs, Jun 24 Ardenwood, Jul 1 Del Valle Arroyo Staging Area, Jul 8 Coyote Hills, Jul 15 Crown Beach, Jul 22 MLK Shoreline Doolittle Dr. entrance, Jul 29 Contra Loma, Aug 5 Miller Knox, Aug 26 Tilden Nature Area
Join us for an evening of outdoor fun for the whole family. Come for free arts & crafts, games, naturalist-led activities, and ice-cold lemonade!
Info: (510) 636-1684

PARK 'N' IT SUMMER DAY CAMP

Various parks **Staff**
8:30am-4:30pm, Jul 6-9 #6775, Jul 12-16 #6776, Jul 19-23 #6777, Jul 26-30 #6778, Aug 2-6 #6779
Join us for six weeks of fun in the sun, park explorations including swimming, hiking, arts & crafts, games, and much more! You don't want to miss this one-of-a-kind Regional Parks Adventure. Six, one-week sessions at three great locations for children entering 1st through 8th grades! Extended care available on-site from 4:30pm to 5:30pm daily at each program location (no prorated fees for days missed). Camperships available. **July 6-9, MLK Shoreline:** Join us for "Shoreline Sleuths!" We will explore the great wonders of our local shoreline while we travel to some cool destinations like Crab Cove for awesome discoveries and Call Canyon for water safety training and swimming! Fee: \$160 (non-res. \$176). **July 12-16 or July 19-23, Contra Loma:** Come on out and join the "Loma Islanders!" We will be having tons of fun in the sun learning how to fish, swimming in the lagoon, touring an old mine at Black Diamond and exploring Tilden Regional Park! Fee: \$200 (non-res. \$230). **July 26-30 or Aug. 2-6: Ardenwood:** Everyone is talking about "Ardenwood Adventures!" Put on your boots and overalls and come on down to life on the farm! Spend a week learning what it was like for farmers 100 years ago. Feed the animals, harvest the wheat, tend to the garden, cook on a wood burning stove, and make home made ice cream! We'll play lots of games, do arts & crafts, and take a trip to the old swimming hole at Quarry Lakes. An excursion to an Ohlone Indian site at Coyote Hills will also be included in this fun-filled week! **Reg. Required: 510-636-1684**
Fee: July 6-9 \$160 (non-res. \$176). Other dates \$200 (non-res. \$230).
Extended Care Fee: July 6-9 \$16 (non-res. \$18). Other dates \$20 (non-res. \$22).

HOW TO FEEL GOOD, ALL THE TIME

Lake Chabot **Jack Ligon**
9am-1pm, Sat, Jul 3 #7199
We are all innately born to feel good all the time. Yes, all the time! Discover how easy you can begin to feel this way by learning the very simple techniques of positive thinking and relaxation. Take four hours of your life to find out how to feel content, happy, and positive. You are sure to have fun learning and experiencing the class.
Reg. Required: (510) 636-1684
Fee: \$55 (non-res. \$61)

BEGINNING SCENIC PHOTOGRAPHY

Samol **Richard Beebe**
9am-1pm, Sat, Jul 10, 17, 24 #7203
This is a fun, outdoor-oriented class geared for the novice photographer and anyone interested in taking great landscape photographs. Become better acquainted with the modern, adjustable camera-film or digital. Learn about exposure features, f-stops, shutter speeds, film speeds, and lens focusing. This three-session class meets July 10, 17 and 24, 16+ yrs
Reg. Required: (510) 636-1684
Fee: \$75 (non-res. \$83)

DISCOVER KAYAKING

Lake Chabot Marina Current Adventures **SP**
10am-2:30pm, Sat, Jul 10 #7187, Fri, Jul 16 #7188, Sun, Jul 18 #7189, Sat, Aug 6 #7190, Sat, Aug 14 #7191, Sat, Aug 28 #7192
Now is the time to learn how to kayak! This course is the first step in learning paddle touring and sea kayaking. Get in-depth instruction for paddling in calm water from certified instructors. Beginners learn about equipment selection and basic paddling techniques while touring the lake in a single kayak (double kayaks available upon request and for adult/child paddlers). You'll have lots of time to practice as we explore the lake and its inlets. Includes stop for shared potluck lunch. Parent participation required for youth age 5-13, 5+ yrs
Reg. Required: (510) 636-1684
Fee: Adult \$79, Child \$59 (non-res \$87/\$65)



Campers enjoy a day of fun at Del Valle Regional Park outside Livermore.



Kevin Fox



White fritillary (left); hikers on Mission Peak. Pick up tips on taking photos like these in photography classes offered by the Regional Parks Recreation Department.

INTRO TO PIER FISHING

Antioch Pier **Mike Hawley**
8-10:30am, Sat, Jul 10 #7213, Aug 7 #7214, Wed, Aug 25 #7215
Beginning anglers will learn the basics of pier fishing, fishing habitat and ecology, and skills such as knot tying, casting, and bait and gear selection. Hands-on fishing sessions will be held for anglers to try out their newly learned skills. Rods and reels available upon request. Parent participation required for youth 5-13 years. 5+ yrs
Reg. Required: (510) 636-1684
Fee: \$15 (non-res. \$17)

TAI CHI CHIH

Tilden **Rich Axline**
9-10:30am, Sat, Jul 10, 17, 28, 31 #7207, Sat, Aug 7, 14, 21, 28 #7208
Tai Chi Chih is "joy through movement... a moving meditation." It is a series of 20 slow, gentle, and simple movements (they involve no physical contact, but emphasize self-awareness, well-being and positive energy flow) recommended for all abilities regardless of physical condition. 16+ yrs
Reg. Required: (510) 636-1684
Fee: \$30 (non-res. \$34)

DREAMING IN NATURE

Tilden **Kathie Anderson**
10am-noon, Sun, Jul 11, 18, 25, Aug 1, 8, 15, 22, 29 #7205
This class meets for eight successive Sundays beginning July 11. The dreams of our ancestors were closely interconnected with the moon, the earth, and the animals. Through guided meditations and experiential exercises, personally connect with your dream animal totem and learn to use plants and stones to assist you in dream recall. Follow the path of the moon to help you chart your dreams. Various group dream work methods, including art, somatic, and drama methods, will be introduced and practiced by the group. No experience necessary. 16+ yrs
Reg. Required: (510) 636-1684
Fee: \$140 (non-res. \$154)

INTRO TO FLYFISHING

Tilden-Lake Anza **Fish First!**
7am-1pm, Sun, Jul 11 #7193, Aug 15 #7194
This exciting and informative day is geared toward the beginning angler. Spend three hours at Lake Anza to practice casting with coaching from a certified fly-casting instructor. Then enjoy three hours of classroom instruction where you will be introduced to knots, fly selection, reading the water, and more. Don't miss your chance to learn! 18+ yrs
Reg. Required: (510) 636-1684
Fee: \$60 (non-res. \$66)

GUIDED AUTOBIOGRAPHY FOR MATURE ADULTS

MLK Shoreline **Laurie Ulrick**
9:30-11:30am, Mondays & Fridays, Jul 12-July 30 #7206
Tell the stories of your life in this 6-session autobiography class! Participants write two pages in response to weekly themes and bring them to class to share in small groups. Leave a legacy for your loved ones while reviewing the unique experiences of your life. Enjoy MLK Jr. Shoreline and the warmth of a community of interested listeners. No prior writing experience necessary. 55+ yrs
Reg. Required: (510) 636-1684
Fee: \$85 (non-res. \$95)

BASICS OF BASS FISHING


Various lakes **Mike Hawley**
8-10am, Sat, Jul 17 (Del Valle) #7210, Wed, Aug 11 (Lake Chabot) #7211, Sat, Aug 21 (Contra Loma) #7212
Learn how to catch the "big one"! In this new class, learn the basics of bass fishing including rigging, casting, gear selection, knot tying, ecology and conservation, habitat, and fish behaviors. Hands-on fishing time will allow you to demonstrate what you have learned. Rods and reels available upon request. Parent participation required for youth 5-13 years.
Reg. Required: (510) 636-1684
Fee: Adult \$19, child 5+ yrs \$15 (non-res. \$21/\$17)

BEGINNING FLY CASTING

Shadow Cliffs **Lois Kilburn**
8:30am-2:30pm, Sat, Jul 17 #7196
Have you always wanted to learn how to fly fish? Now is the perfect time! In the introductory class you will learn basic knots, the roll cast, pick-up and lay down

cast, false casting and how to select equipment and set up your fly rod. The class is taught by 15-year veteran, Lois Kilburn, who is certified by the Federation of Fly Fishers and is a national champion tournament caster. 15+ yrs
Reg. Required: (510) 636-1684
Fee: \$60 (non-res. \$66)


FAMILY CAMPOREE!

Del Valle  Staff
11am Sat-noon Sun, Jul 17-18 #7235,
Aug 7-8 #7236

The Park District, REI, and 98.1 Kiss FM are proud to offer two exciting Family Camporees! Spend the night with your family and friends at beautiful Lake Del Valle! Get away from TV's, telephones, and video games and enjoy a weekend in the great outdoors. These weekends are perfect for those with little or no camping experience. Activities may include hikes, arts & crafts, nature programs, how-to-camp clinics, campground games, campfire activities, night hikes and an outdoor movie! Come prepared to relax, enjoy nature, and spend quality time with your family. All minors must be accompanied by an adult. Children under three are free. Tents are available for families on a first-come, first-served basis. Special Cancellation Policy applies.

Reg. Required: (510) 636-1684
Fee: Adult \$15, Child \$10
(non-res. \$17/\$12)


BEGINNING PORTRAIT PHOTOGRAPHY

Lake Chabot  Jack Ligon
8am-noon, Sun, Jul 11 and 18 #7201

Join us for a fabulous two-session photography class that will leave you seeing from a brand-new perspective. ANY camera will do. Posing, posture, expression, composition, light, and color will be thoroughly covered. Your personal style and vision will be enhanced by the many stimulating class exercises offered. Create studio-like portraits in the great outdoors by using the best light source of all—the sun! 15+ yrs

Reg. Required: (510) 636-1684
Fee: \$65 (non-res. \$73)


DAYAN QIGONG

Kennedy Grove  Keith Weinstein
10-11:30am, Sun, Jul 18 & 25 (2 days)
#7197, Aug 1, 15, 22, 29 (4 days) #7198

Qigong experience improved health and relaxation at beautiful Kennedy Grove. Dayan Qigong (formerly titled Dai Yan Chi Gun) is a very popular form of healing movement medicine which originated in China. The grounded, flowing motions are taught for people of all abilities. Come learn this simple practice for cultivating vitality, harmony, mental clarity and alleviating chronic ailments in the beautiful outdoors. 14+ yrs

Reg. Required: (510) 636-1684
Fee: 2-day class \$25 (non-res. \$29)
4-day class \$49 (non-res. \$55)


FULL MOON KAYAK

Lake Chabot  Current Adventures
7-10pm, Thu, Jul 29 #7186

Come kayak in the moonlight and tell your friends! This unique course is the first step in learning paddle touring and sea kayaking. Get in-depth instruction for paddling in calm water. Participants will explore the lake during twilight and return to the marina as the moon rises. A brief introduction to the equipment and paddle strokes will be provided for those who have never kayaked. Don't miss out! Parent participation required for youth 5-13. 5+ yrs

Reg. Required: (510) 636-1684
Fee: \$59 (non-res. \$65)


INTRODUCTION TO FISHING

Lake Chabot Marina  Mike Hawley
8-10:30am, Thu, Jul 29 #7209

Come out and learn the basics of warm water fishing! Beginning anglers will learn the basics of fish habitat and ecology as well as skills such as knot tying, casting, and gear selection. This class is perfect for anyone interested in getting started with the sport of fishing. Rods and reels available upon request. Parent participation required for youth 5-13 years.

Reg. Required: (510) 636-1684
Fee: Adult \$19, child \$15
(non-res. \$21/\$17)


BROOKS ISLAND KAYAKING TOUR

Brooks Island  Current Adventures
9am-3pm, Sat, Jul 31 #7183,
Aug 28 #7184

Join us for an exciting day of kayaking and exploration! Instructors will give a brief introduction to equipment and strokes during a trip through the picturesque Richmond Harbor. The trip is an easy, short paddle in stable, double kayaks across sheltered bay water with spectacular views of San Francisco and the bridges. Paddle along Brooks Island preserved shoreline then come ashore to enjoy a guided, 2-mile hike around the island, which is normally closed to visitors. Includes a stop for a shared potluck lunch. 14+ yrs

Reg. Required: (510) 636-1684
Fee: \$85 (non-res. \$95)

INTRO TO BAY KAYAKING


MLK Jr. Shoreline  Current Adventures
10am-3pm, Sat, Jul 31 #7185

If you were with us for Discover Kayaking or have basic kayaking knowledge, come join us for this INTERMEDIATE class! This is an in-depth focus on skills necessary to go paddling on your own. You will learn proper strokes and maneuvers, tide/current basics while paddling on the bay, and capsize recovery. You will also earn a certificate to rent your own kayak. The marshlands surrounding M.L.K. Jr. Shoreline offer great opportunities for viewing shorebirds while you learn to navigate the bay environment. Includes stop for a shared potluck lunch.

Parent participation is required for children 10-13. 10+ yrs


Reg. Required: (510) 636-1684
Fee: \$85 (non-res. \$95)

BROOKS ISLAND ADVENTURE-CKK

Brooks Island 
11am-4pm, Sun, Aug 1 #7181,
Sat, Aug 21 #7182
Be whisked away to a beautiful island in the bay! This guided, instructional day trip to Brooks Island is an easy, short paddle in stable, double kayaks—an excellent introduction to kayaking for beginners that includes instruction on paddle strokes, equipment, etc. Enjoy a guided, relaxed, 2-mile hike around this island's preserved shoreline that is normally closed to visitors. Come enjoy this beautiful place! 14+ yrs

Reg. Required: (510) 636-1684
Fee: \$85 (non-res. \$95)


BEYOND BEGINNING SCENIC PHOTOGRAPHY

Briones  Richard Beebe
9am-1pm, Sat, Aug 7, 14, 21 #7204

This three-session class moves beyond the basic concepts and explores personal ideas of "seeing" and interpreting what we find in the landscape scene. We will explore further understandings of the camera, learn some of the accessories available to enhance its abilities, how to apply the camera's exposure controls, and look into the "aesthetic" side of things to consider when building the photograph. 16+ yrs

Reg. Required: (510) 636-1684
Fee: \$90 (non-res. \$100)


SURVIVAL AND OUTDOOR SAFETY

Lake Chabot  Gene Ward
Sat/Sun Aug 14 & 15,
9am-4pm each day #7240

Join us for this two-day workshop packed with vital information for outdoor enthusiasts. Learn how to stay well-prepared when things don't go as planned. Topics covered include: what to bring, building an emergency storm shelter, fire starting, using a map and compass, how to signal for help, identifying edible plants and much more! Special Cancellation Policy applies.

Reg. Required: (510) 636-1684
\$100/person, \$175/couple
(non-res. \$110 Person/\$193 couple)

ADVANCED PORTRAIT PHOTOGRAPHY

Lake Chabot  Jack Ligon
8am-noon, Sat, Aug 21, 28 #7202

For those who took Beginning Portrait Photography, we invite you to join us for this two-session, advanced class that will leave you shooting like a pro! Professional skills such as posing, posture, expression, composition, light, and color will be refined. Your personal style and vision will be put to good use as you create your own portraits. 15+ yrs

Reg. Required: (510) 636-1684
Fee: \$65 (non-res. \$73)

TRAILS CHALLENGE

Trails Challenge (#5951): Celebrate 75 years of Regional Parks by joining the popular, self-guided hiking program. Thousands of people like yourself have participated over the last 10 years. With your registration you will receive the 2004 Guidebook filled with 20 of the best hikes in the Park District. This year, Trails Challenge invites you to hike 5 of the 20 trails by December. Participants receive the 2004 commemorative pin, the Trails Challenge T-shirt and a special gift! Trails Challenge family discounts: The first participant is at regular price and additional family members are \$5 off!


Reg. Required: (510) 636-1684
Fee: \$12 (non-res. \$14)

ARDENWOOD

Ardenwood Historic Farm is open Tue.-Sun. from 10 a.m.-5 p.m. Patterson House tours and food service are available Thur.-Sun. Horse-drawn rides and blacksmithing demonstrations are available Thur., Fri., and Sunday. For information: (510) 796-0663 or ardenwood@ebparks.org.



INDEPENDENCE DAY CELEBRATION

Ardenwood  Gaeta Bell & Staff

10am-4pm, Sun, Jul 4
Join us for a fun-filled community festival, 1900-style! Celebrate July 4th at Ardenwood with rousing patriotic music from a brass band on the lawn and fiddle music in the farmyard. There will be games, contests and races for everyone all day long. Test your skill at nail-driving, egg toss and watermelon seed spitting or join a bucket brigade and tug-o-war contest. Bring a picnic and celebrate this most American holiday the old-fashioned way!

Fee: Adults \$8, Seniors \$6,
Child (4-17) \$5, under 3 yrs free

8th ANNUAL CAJUN/ZYDECO FESTIVAL

Ardenwood
10am-7pm, Sat, Sep 25 #6794
Enjoy some of the best Louisiana French Tradition Cajun-Zydeco music of local artists. This year's headliners direct from Louisiana are T-Broussard & the Zydeco Steppers with Mary Jane Ardis. And her local headliner will be Queen Ida and her Zydeco Band, who we welcome back for the second time. Also enjoy the music of Motor Dude Zydeco with Edward Paul, Mark St. Mary, and Andre Therrell. There will be live bands performing, dance lessons, Cajun food, plus all the activities offered at Ardenwood Historic Farm. Gates open at 10.

a.m.; music starts at 11 a.m. and goes till 7p.m. **COME EARLY!!** Bring the whole family for a day of live Louisiana music and authentic Cajun food! Advanced ticket sale ends September 17—call (510) 636-1684 or buy online at www.ebarks.org/events.

Tickets: \$12 advance, & 16 gate
Children under 10 free

A WALK IN TIME: HISTORY AND ART IN THE MAKING

Ardenwood Interpretive Staff
10am-4pm, Sat, Aug 14

Surround yourself with art, music and history while enjoying Ardenwood's beauty and tranquility. Join us for a day filled with hands-on art and crafts for children, tours of the elegantly restored Patterson House, silent film viewing, children's lawn games and Victorian garden tours. Classical musical groups and local talents will serenade you as you enjoy fine art displays from a variety of well-known local artists.

Fee: \$5 ages 16+, under 16 free

ANIMAL FEEDING

Ardenwood Interpretive Staff
3pm, Thursdays through Sundays

Help spoil the hogs, check the henhouse for eggs and bring hay to the livestock. You'll learn all the animals' favorite foods as you help shift the farm down for the evening.

VICTORIAN FLOWER ARRANGING

Ardenwood Volunteers
10:15-11:30am, Thursdays
Watch as our docents create floral works of art for display in the elegantly restored Patterson House.

COOKING IN THE COUNTRY KITCHEN

Ardenwood Interpretive Staff
10:30am-1:30pm, Saturdays and Sundays

Stop by the Country Kitchen for a taste of the past. Discover some fascinating food history. See why cooking outside always makes food taste better and sample a cookie or a biscuit straight from the wood-burning stove. Pick up an historic recipe to try at home.

FARM CHORES FOR KIDS

Ardenwood Christina Garcia
10:30-11:30am, Sat, Jul 3, 10

Cock-a-doodle-doo! It's time to get up and help with the morning's chores! Wipe the sleep from your eyes and help us muck out the animal pens, weed in the potato patch and crack corn for the chickens.

MEET THE KIDS!

Ardenwood Interpretive Staff
1-2pm, Sun, Jul 18

Goats are valuable animals! Find out why they're so special on a walk around the farm and a romp in the field with the goats and kids. Round them up afterwards and give them an afternoon snack.

AFTERNOON FARM TOUR

Ardenwood Ira Blatz
1-2pm, Thu, Jul 8

Join Park District Director Ayn Wieskamp and park staff for an enjoyable tour of Ardenwood's farmyard, gardens and grounds. Learn what's new around the farm and what plans we've got for the future.

FARMING WITH THE LITTLE RED HEN

Ardenwood Christina Garcia
1-2pm, Sat, Jul 10, 17, 24

Hear the story of The Little Red Hen and learn how wheat is made into bread. Then lend a hand processing our grain into flour. Who will help us thresh the wheat? You will, after you see how much fun it is!

WORKING WITH WOOL

Ardenwood Christina Garcia & Staff
2-3pm, Sat, Jul 10, 24, Aug 7, Aug 28, Sun, Aug 22

See why sheep are "sweaters on the hoof," card some wool, watch a spinning wheel at work and try your hand at a drop spindle. You'll also find out why wool workers have such soft hands!

BAKING DAY

Ardenwood Jennifer Ferreira
Noon-1pm, Sun, Jul 11

Victorian households often reserved one or two days a week for the family's baking. Join us in the Country Kitchen as we prepare bread from the wheat we grow here on the farm. Discover what it takes to make a tasty loaf of oven fresh bread.

WHEAT HARVESTING

Ardenwood Dave Cooke & Staff
1-2:30pm, Sun, Jul 11, 18, 25

Take a horse-drawn wagon ride out to our wheat field and lend a hand bringing in the sheaves. Learn ancient and turn-of-the-last-century methods of separating the wheat from the chaff. Watch our antique threshing machine in action and help mill the grain into flour. After some work we'll stop by the Country Kitchen for a tasty whole wheat treat fresh from the oven.

BERRY PICKING

Ardenwood Christina Garcia & Staff
10:30-11:30am, Sat, Jul 17, Aug 14, Sun, Jul 25, Aug 1, 8

Summer's succulent blackberries are ready for picking! Discover the secrets of the briar patch. Bring your own berry basket and gather a bunch to take home for pies, cobblers and other summertime treats.

OLD-FASHIONED ICE CREAM

Ardenwood Interpretive Staff
2-3pm, Sat, Jul 17, 31

Invented in 1846, the hand-cranked ice cream freezer made frozen desserts fashionable at Victorian dinner parties. While turn-of-the-last-century chefs experimented with cucumbers, spinach and curry, we'll stick to flavors that have stood the test of time as we crank up a batch of this all-American treat.

IN A JAM

Ardenwood Jennifer Ferreira
Noon-1:30pm, Sun, Jul 18

Victorians preserved as much of the summer harvest as they could so they could eat their favorite foods all year round. Learn about the art of canning as we cook up a batch of homemade preserves and taste the results. Pick up recipes and instructions for making your own preserves at home.

MAD HATTER'S TEA PARTY FOR CHILDREN

Ardenwood Tea Committee
11am-1:30pm, Sun, Jul 18 #7082

Come join Alice, the Queen of Hearts, the Mad Hatter and all the Alice in Wonderland characters for a very merry birthday party. In addition to traditional children's tea fare, games such as Croquet with the Queen and Pin the Smile on the Cheshire Cat will be offered. This tea is for children ages 8-12. Park admission included.

Reg. Required: (510) 636-1684

Fee: \$11 (non-res. \$13)

TUESDAY TWILIGHT HIKE AND CAMPFIRE

Ardenwood Ira Blatz/Paul Ferreira
7-9pm, Tue, Jul 20

Join us as we explore the farm at the end of the day. We'll look for wild creatures just starting their night shift and visit the farm animals as they settle down for the evening. After checking the crops and gardens we'll gather around a campfire for stories, songs and a treat.

AN ALL-AMERICAN TREAT

Ardenwood Ira Blatz
12:30-1:30pm, Sun, Jul 25

In 1897, Mildred Brown tried to bake a chocolate cake but forgot to add the leavening. The resulting happy accident is one of our most delicious and gooey chocolate treats. Come and taste the original brownie recipe and a few others we turned up in our research. History never tasted so good!

LOVELY LADIES CROQUET

Ardenwood Volunteers
1-3pm, Sun, Jul 25, Aug 22

A proper Victorian lady was not always limited to watching sports from the sidelines because of the social requirements of the day. Don't miss your chance to watch an entertaining example of a "very Victorian" croquet game.

HAY HOISTING

Ardenwood Interpretive Staff
1-2pm, Sat, Jul 31, Aug 21, 28

Make rope with our antique machine, then see how lots of rope plus a few pulleys make hoisting hay bales into the barn loft a cinch.

RECYCLED BIRDHOUSES

Ardenwood Gloria Knowles
11am-noon, Sat, Aug 7

Come and learn more about the birds in your backyard as we talk about the importance of the "3 R's" (reduce, reuse and recycle). Then put your knowledge to work as you build a feeder for our flying friends. Younger builders (5-6 yrs) will need help from their parents.

DROP-IN KNITTING

Ardenwood Gloria Knowles
1-2pm, Sun, Aug 8, 29

Learn to knit, or bring a project you're already working on as we discuss the history of this useful and relaxing art! All skill levels are encouraged to come; younger knitters (7-8 yrs) will need help from their parents.

MOOOOOOOOOOO!

Ardenwood Jennifer Webber
1-2pm, Sun, Aug 8, Sat, Aug 14

Come meet the newest addition to our farm! Find out why cows are such valuable animals and make an utterly delicious treat from something cows give to us.

SUNDAY SUNDAY

Ardenwood Interpretive Staff
2-3pm, Sun, Aug 8, 15

In the early 1880s, some cities banned the frivolous ice cream soda on Sunday. So what was an ice cream loving nation to do? Invent the ice cream sundae, of course! Help us crank up some ice cream in our vintage freezer and taste what all the fuss was (and still is) about.

FARMYARD GAMES

Ardenwood Christina Garcia
2-3pm, Sat, Aug 14

Leave your modern amusements behind and roll your hand at some old-fashioned fun! Try a hoop, test your balance on stilts and shoot marbles. Compete in a sack race or the potato spoon race. Bring the family and test your skill.

THROUGH A GOAT'S EYES

Ardenwood Eric Nicholas
Noon-1pm, Sun, Aug 15

Goats are one of our oldest domesticated companions. Come out to the farm and meet our goats, and take a walk on the farm with one of them. Learn the fascinating history they share with us.



Nancy McKay

Ardenwood's horse-drawn train is a relaxing way to tour the 200+ acre nineteenth-century farming estate.

CROQUET FOR KIDS

Ardenwood Interpretive Staff
1-2pm, Sun, Aug 15, 29
Ever wonder what a wicket is? Learn how fun this old-time sport is as we set a course and play a game. Adults with children are welcome to play as partners on a team.

TUESDAY TWILIGHT HIKE

Ardenwood Christina Garcia
7-9pm, Tue, Aug 17
Help put the farm animals to bed, then set out to look for the wild creatures that also call the farm home. Hear the stories of the family that once lived here as we stroll through the orchards and past the crops in the fields of this 205-acre urban agricultural preserve.

DIRT MADE YOUR LUNCH

Ardenwood Jennifer Ferreira
11am-noon, Sat, Aug 21
Trace the origins of your food back to where it first starts and you'll find dirt! Well, soil, actually. All of our food depends on good rich soil. Help "cook up" a batch of our own as we find out what ingredients make plants grow. Then sample some of the fruits of the soil in our vegetable garden!

FARM ART

Ardenwood Christina Garcia
2-3pm, Sat, Aug 21
Take a walk through the farmyard and gardens to collect seeds, wool, straw and other interesting materials. Learn which plants and animals provide these treasures and then use them to create a unique farm collage with our art supplies and your imagination.

COLOR BY NATURE

Ardenwood Eric Nicholas
1-2pm, Sun, Aug 22
Ever wonder how wool used to get its color before the advent of chemical dyes? Join us as we explore the process of cleaning, carding and coloring wool with plants. Oh, and of course we'll take a look at the sheep who supplied the wool.

POTATO HARVESTING

Ardenwood Christina Garcia & Staff
10:30-11:30am, Sat, Aug 28, Sun, Aug 29
It's time for the great potato harvest at Ardenwood! Hear the history of this humble tuber and how it came to be one of the world's favorite vegetables, then dig in your spade and find some spuds to take home.

SOME BUGS BUG US, SOME DON'T

Ardenwood Eric Nicholas
Noon-1pm, Sun, Aug 29
What do insects do? Learn about insects that are both harmful and beneficial on the farm. We will search high and low throughout the gardens to find our climbing, crawling and flying neighbors. Then, we'll create an insect of our own.

LOOKING AHEAD: HISTORIC RAIL FAIR

Ardenwood
10am-4pm, Sat, Sep 4
"All Aboard!" This Labor Day Weekend take a ride on America's only scheduled horse-drawn train. Explore local railroad history, visit rail and hobo camps, see model railroads in action and give a hand car a try. Relive the age of rail power as you ride along behind the star of the show, "Deanna," a 1891 Baldwin Steam Locomotive.
Fee: \$8, Seniors 62+, \$6, \$5 age 4-17, under 4 free

BLACK DIAMOND

All Black Diamond programs (unless otherwise noted) meet at the parking lot at the south end of Somersville Road in Antioch. For info call (925) 757-2620 or email bvdvisit@ebparks.org.

GREATHOUSE VISITOR CENTER

Black Diamond Interpretive Staff
10am-4:30pm, Saturdays & Sundays
Drop in and view the workings of a 20th-century sand mine and learn about the lives of the 19th-century coal miners in Greathouse Visitor Center. Artifacts and photographs are displayed and a video featuring former Mt. Diablo coalfield



Visitors to the Greathouse Visitor Center can see mining artifacts and historic photos of Black Diamond's coal mining area. Visitors can also touch the sand walls from which silica sand was taken in the early 1900s to produce Hazel-Atlas Depression-era dinnerware and glassware, found in antique shops today.

residents is shown. The Visitor Center is open from 10 a.m.-4:30 p.m. Saturdays and Sundays, March through November.
Info: (925) 757-2620

HAZEL-ATLAS SILICA-SAND MINE TOUR

Black Diamond Interpretive Staff
10am, 11am, 1pm, 2pm, Sat & Sun
Explore the underground through a guided tour and learn its history, geology, and the methods used to mine the sandstone. An hour-long advanced reservation tour is offered at 11 a.m., 1 p.m., and 2 p.m. through November. A 10 a.m. tour is available to groups of 10 or more (not available for online registration). First-come/first served tours are offered at noon and 3 p.m. only. Must be at least 7 years old; parent participation required.
Reg. Required: (510) 636-1684
Fee: \$3

HAPPY BIRTHDAY ICE CREAM CONE

Black Diamond Sabrina Dussa
1:30-3:30pm, Sat, Jul 3
Celebrate the 100th anniversary of this edible invention. We'll crank our own ice cream and make our own old-fashioned cones as we discover the delicious history of this divine dessert. Kitty's Old-Fashioned Gadgets will garnish our culinary adventure.
Reg. Required: (925) 757-2620
Fee: \$3

BEAT THE HEAT MORNING STROLLS

Black Diamond Mike Moran
8-10am, Tue, Jul 6
Start your day with bird songs and cool morning shadows. We'll explore the bustling past and pastoral present of the Mt. Diablo Coalfield.
Reg. Required: (925) 757-2620

COOL CRAFTS IN A COOL PLACE

Black Diamond Mike Moran
10-11am, Tue, Jul 13 & Aug 10,
Wed, Jul 28
Come to the cool (56 degrees!) underground of the Greathouse Visitor Center. We'll share a story, get to know a bit more about our wonderful outdoors, and make a craft to take home! July 13: Plaster Animal Tracks; July 28: Garden in a Bottle; August 10: Paper Mache Snakes.
Reg. Required: (925) 757-2620
Fee: \$2

SUMMER CONCERT:

GOLDEN BOUGH
Black Diamond Sabrina Dussa
7-9pm, Sat, Jul 17
Let this talented trio heat up your evening with Celtic fire. Their fusion of music from all the Celtic lands is sure to get your toes tapping.
Special Parking Fee: \$10

KNOBBERS

Black Diamond Sabrina Dussa
3:30-5pm, Thu, Jul 22, Aug 19
Looking for something to do after school or a way to spend your summer afternoon? Then join us once a month as we explore the park through outdoor and underground adventures. 8-12 yrs
Reg. Required: (925) 757-2620
Fee: \$6 (non-res. \$8)

THE WONDERFUL WORLD OF WATERMELONS

Black Diamond Sabrina Dussa
3-4pm, Sat, Jul 31
Bite into the science of these scrumptious seed-ridden fruits as we eat like water droplets, play a few games and have a sweet snack.
Reg. Required: (925) 757-2620
Fee: \$2

THE MARVELOUS MOON

Black Diamond Sabrina Dussa
7:30-10pm, Sat, Jul 31
There's a blue moon on the rise. Witness the astronomical anomaly on a hike dedicated to our full moon friend.
Reg. Required: (925) 757-2620

HOW TO MEET A SNAKE


Black Diamond Bob Kasegaki
1-2:30pm, Sat, Aug 7
Wary of rattlers? Watch our video and learn the safe way to meet or avoid them on the trail. Meet at the Greathouse Visitor Center.


STAR SHOWER


Black Diamond Sabrina Dussa
8-11pm, Fri, Aug 13
Catch a shooting star tonight as they blaze across the horizon. We'll stay in the park after hours to watch the first part of the year's greatest meteor shower, the Perseids.
Reg. Required: (925) 757-2620





Youthful hikers make the short walk to the coal mining area at Black Diamond Mines Regional Preserve south of Antioch. Mine waste remaining from late-nineteenth century coal mining operations is visible at left of center in this photo.


CANDLESTICKS TO CAPLAMPS 
Black Diamond Bob Kanagaki
10-11am, Sat, Aug 14
Learn how miners illuminate their deep, dark work as we examine state-of-the-art nineteenth century lighting technology—candles, oilwicks, and flame safety lamps. Meet at the Greathouse Visitor Center. 7+ys

OTHER PEOPLE'S GARBAGE 
Black Diamond Bob Kanagaki
12pm, Sat, Aug 14
View the work of U.C. Berkeley archaeologists at the Somersville townsite as we present a 20-minute segment from the PBS program "Odyssey." Meet in the Greathouse Visitor Center. 12+ys

SUMMER CONCERT:
SWING FEVER 
Black Diamond Sabrina Dussau
7-9pm, Sat, Aug 21
Celebrate the 1930s and 40s with the biggest little big band around. They've been performing jazz for the past 25 years as if those swinging tunes were still at the top of the charts.
Special Parking Fee: \$10


TUESDAY TWILIGHT:
OLD FASHIONED CAMPFIRE 
Black Diamond Mike Moran
6:45-8pm, Tue, Aug 24
Come sing a song, snarf a s'more, share a story, a summer sunset, and a steady stream of silliness at our family campfire. We'll bring all the fixin's for s'mores and a ton of fun!

SOMERSVILLE VAN & MINE TOUR 
Black Diamond Bob Kanagaki
10am-noon, Sat, Aug 28 #6923
Take a ride through history as we study Somersville, a nineteenth-century coal-mining town, and tour the Hazel-Atlas Mine, a twentieth-century silica source.
4-5+ys
Reg. Required: (510) 636-1684
Fee: \$3

SUMMER SUNDAY STROLLS:
SOMERSVILLE SAUNTER 
Black Diamond Mike Moran
10am-noon, Sun, Aug 29
Explore the natural and cultural richness of our parks and trails on this series of diverse hikes. Today, Somersville Saunter: Walk through time and explore this coal mining townsite's history. See page 11 for additional Summer Sunday Strolls.
Reg. Required: (925) 757-2620.


COYOTE HILLS


The Coyote Hills Visitor Center, open Tue-Sun. 9:30 a.m.-5 p.m., has books, bug boxes, and other items for sale. The Garin Park Visitor Center is open Saturday and Sunday 10 a.m.-4:30 p.m. For info call (510) 795-9385 or email cbvisist@ebparks.org.


FEED THE SNAKES 
Coyote Hills Interpretive Staff
2-3pm, Sundays
How does a slow turtle and a legless snake run after their prey? Come experience the thrills and woes of the cycle of nature as we feed our snakes and turtles live catch. 4+ys


SHELLMOUND TOUR 
Coyote Hills Kristina Parkison
9:30-11:30am, Sun, Jul 4
Here's an opportunity to experience one of the Bay Area's rare treasures—an Ohlone shellmound. This tour will begin in the visitor center with an introduction to Ohlone culture through artifacts and games. Along the way to the reconstructed village site, we'll get a chance to learn to make a tule rope. Join us for this fun and educational journey to a special place.
Reg. Required: (510) 795-9385
Fee: \$2/Person, \$5/Family (non-res. \$2/\$7)

THE NECTAR GARDEN IS OPEN. 
Coyote Hills Parkison/Southworth
1-3pm, Sun, Jul 4, 10
July 4: Beautiful birds and butterflies abound in the nectar garden. Join us for a chance to see a colorful Monarch mating dance, or to see California quail enjoying an afternoon snack. Whatever your desire, the garden is sure to delight the senses! **July 10:** Learn about plants that attract butterflies and hummingbirds. Delight in the blossoms of the summer season. Songbirds, hummingbirds, quail and butterflies are waiting to soothe your soul and intrigue your mind.


FLEDGLING BIRDING 
Coyote Hills Kristina Parkison
9:30-11:30am, Mon, Jul 5
Introduce your wee ones to the joys of birding! We'll focus on what makes birds special through games and explorations. A hike through the marsh will give us an opportunity to use what we've learned. 5+ys


SCAT, TRACKS AND SIGNS 
Coyote Hills Kristina Parkison
12:30-2:30pm, Mon, Jul 5
There's a story to be told by the "calling cards" that animals leave behind. Come and learn to read that story and more! We'll discover the secret lives of animals through natural history and hands-on explorations through the park. Don't miss this opportunity to learn the "scat rap" while following delicate footprints down the path. 8+ys


TUESDAY TEATIME TREKKERS 
Coyote Hills Southworth/Estacio
2:30-4:30pm, Tuesdays, July and August
This summer series follows the British tradition of combining nature study and physical exercise with afternoon tea. Each Tuesday in July and August, our intrepid trekkers will gather for a mellow to somewhat vigorous stroll through marsh and meadow studying the abundant flora and fauna of the park. After our one-hour walk we'll gather in the garden to refresh ourselves with a comforting cup of tea and our teatime "snack of the week" complete with its accompanying recipe. At the end of summer we'll have a full-on high tea with a rich and varied assortment of sweets and savories created by our participants. 12+ys
Reg. Required: (510) 795-9385
Fee: \$3, Session Fee \$35

CALIFORNIA INDIAN CULTURAL IMMERSION 
Coyote Hills Parkison/Southworth
10am-2pm, Wed, Jul 7, 21, 28 #6959
Take advantage of this unique opportunity to gain in-depth knowledge of Ohlone lifestyles through hands-on explorations, like rope and boat making, games, and adventure! This three-day series of classes is aimed at kids looking for a fun way to explore their surroundings and learn more about what life was like 500 years ago. Bring your own lunch; a snack will be provided. 8-12ys
Reg. Required: (510) 636-1684
Fee: \$45 (non-res. \$51)


BIRDING ABROAD
Coyote Hills Parkison/Southworth
9:30-11:30am, Thu, Jul 8
The East Bay provides a rich and varied habitat for many kinds of birds. Join us as we explore a variety of communities in search of bird diversity. Discover just how many of our feathered friends call your neighborhood home. See page 12 for additional Birding Abroad programs. 8+ys
Reg. Required: (510) 795-9385


BUTTERFLY AID—VOLUNTEERS IN THE GARDEN 
Coyote Hills Jan Southworth
10am-4pm, Sat, Jul 10
The midsummer garden needs some TLC in the form of watering, pruning, and mulching. Join our "Garden Gang" as we observe the birds and butterflies "at play" while we work to enhance their habitat paradise. 12+ys
Reg. Required: (510) 795-9385


COYOTE SCOUT INSTITUTE 
Coyote Hills Kristina Parkison
9:30-11:30am, Sat, Jul 17, Aug 7, 21
Adventure awaits you! Uncover the secret lives of animals, solve the mysteries of the marsh, or visit an ancient Ohlone village site. These are just a few of the exciting discoveries you can make in this program. 7-12ys
Reg. Required: (510) 795-9385
Fee: \$6 (non-res. \$8)


KOOKY CHEMISTRY 
Coyote Hills Kristina Parkison
1-3pm, Sat, Jul 17
Snap on the rubber gloves and don the safety glasses because here comes kooky

chemistry! Spend the afternoon creating obnoxious concoctions that will amaze and disgust you - all while learning basic chemistry principles! Come prepared to get slimy, gooey, and dirty. 8-12ys
Reg. Required: (510) 795-9385
Fee: \$3

CENTRAL CALIFORNIA INDIAN SKILLS: AN INTRODUCTION 
Coyote Hills Beverly Ortiz
2:30-4pm, Jul 19, 27, Aug 2, 10, 16
July 19: Pine nut beads and abalone pendants. **July 27:** Beginning string making. **Aug. 2:** Tule mats and bitterns. **Aug. 10:** Fire starting. **Aug. 16:** Games/toys. July 19, 27, and Aug. 2 programs are wheelchair accessible. 12-16ys
Reg. Required: (510) 795-9385
Fee: \$5 each session (non-res. \$7)

SHELLMOUND WORKDAYS 
Coyote Hills Beverly Ortiz
3:30-5:30pm, Tue, Jul 20, Aug 3, 17, Mon, Jul 26, Aug 9
As summertime breezes waft off the marsh, we'll gather plant materials and use them to reconstruct Ohlone-style houses at a more than 2,000-year-old Tuibon Ohlone village site. We'll provide information about the site, refreshments, tools and gloves. Volunteers under age 18 must be joined by an adult. 12+ys
Reg. Required: (510) 795-9385

BIRDING BY BIKE 
Coyote Hills Kristina Parkison
9-11am, Tue, Jul 27, Aug 3, 17, 31
What a way to start your day! Birds, like humans like to be active before the day heats up. Take a leisurely bike ride around the hills and marsh, we're sure to see a wide variety of birds getting their chores done. 8+ys
Reg. Required: (510) 795-9385

WILEY COYOTES 
Coyote Hills Kristina Parkison
1-3pm, Sat, Aug 7
You've all heard the tales of the "wily coyote." Now come and learn the truth about this amazing animal and its incredible story of survival. We'll learn its natural history through games, stories, and hands-on explorations. You'll be fascinated by the coyote's intelligence and quiet beauty. 5+ys



Join the "Garden Gang" and enhance butterfly habitat at the Coyote Hills butterfly garden (see "Butterfly Aid" above). Pick up tips on how to provide butterfly friendly habitat in your own yard.



Crab Cove naturalists offer several programs of bay- and estuary-oriented exploration for kids varying in age from 3 to 8 years. See descriptions on this page for details.

CULTURAL DEMONSTRATIONS AT THE SHELLMOUND

Coyote Hills Beverly Ortiz
10am-4pm, Sun, Aug 8
Several Ohlone will share their history and culture at a more than 2,000-year-old Ohlone village site. Several cultural activities will be demonstrated, including basketry, tule boat making, shell beads, abalone pendants, and native plant uses.

BIRDS OF THE NECTAR GARDEN

Coyote Hills Jan Southworth
9:30-11:30am, Sat, Aug 14
Stop by the garden this morning and spend some quality time with the birds that make this habitat their home. Learn how fountains, feeders, and the right combination of plants can transform a sunny spot into a wildlife paradise.

SUBLIME SALVIA AND PROPAGATION WORKSHOP

Coyote Hills Jan Southworth
1:30-3:30pm, Sat, Aug 14 #6987
Salvias are lovely, easy to grow, and are guaranteed to bring hummingbirds into your garden. In this "snip it and take it" workshop, learn techniques for propagation of salvias, make cuttings from our garden favorites, then pot them up and take them home to create your own "hummer haven." 12-yrs
Reg. Required: (510) 636-1684
Fee: \$10 (non-res. \$12)

SUMMER'S END WHEAT- WEAVING WORKSHOP

Coyote Hills Jan Southworth
1-4:30pm, Sat, Aug 28 #6990
As the autumn harvest season approaches get a jump on holiday decorations or gifts by creating a Welsh Fan and an Arabic Step Cage out of gorgeous stalks of golden wheat. Learn the history and lore of these fascinating harvest blessings. Tea and cookies will be served. 12+yrs
Reg. Required: (510) 636-1684
Fee: \$20 (non-res. \$22)

CRAB COVE

Crab Cove Visitor Center is open Wednesdays-Sundays from 10 a.m.-4:30 p.m. For information about naturalist programs or other activities call (510) 521-6887 or email ccove@ebparks.org.

WATER FUN

Crab Cove Interpretive Staff
1-4:30pm, Sat, Jul 3
Come and experience the fun of water with games and experiments, then view the aquariums and exhibits to see who depends on water!

4TH OF JULY PARADE

Crab Cove Interpretive Staff
9am-1pm, Sun, Jul 4
Join us for some Alameda "hometown" fun, as we celebrate Independence Day. You can be a part of the annual Crab Cove entry in the 4th of July Parade.
Reg. Required: (510) 521-6887

ESTUARY EXPLORERS

Crab Cove Interpretive Staff
3:30-5pm, Thu, Jul 8, 22, Aug 12, 26
2:30-4pm, Sat, Jul 24, 31, Aug 14, 28
Estuary Explorers is designed for 6-8 year olds and includes outdoor exploration and a theme-related craft and snack.



Wheat weaving is a fun way to make gifts or home decorations like this windmill (see inset). Ardenwood and Coyote Hills naturalists offer instruction in this ancient art. See program description at left.

Parents/guardians are encouraged to drop off their child to allow for a slightly more independent nature experience, with naturalist guidance. **July 8:** Sun Fun. **July 22:** Reptile Rendezvous. **July 24:** Insect Investigations. **July 31:** Nocturnal Animals. **Aug. 12:** Wonders of Water. **Aug. 14:** Squid, Octopus, and Cuttlefish. **Aug. 26:** Pinnapeds Around Us. **Aug. 28:** Discover How Trees and Plants Work.
Reg. Required: (510) 521-6887
Fee: \$6 (non-res. \$8)

CONCERTS AT THE COVE

Crab Cove Interpretive Staff
5:30-7:30pm, Fri, Jul 9, Aug 13
Join us for our sixth season of incredible free music and fun! **July 9:** Hear the Bob Claire Orchestra (Motown, rock, jazz and blues). **Aug. 13:** Pete Escovedo Orchestra brings Latin jazz/salsa rhythms to the shoreline! Extended hours at the all new Visitor Center plus family activities on the deck and beautiful views of San Francisco Bay make our concerts extra special. Bring your blanket or lawn chair; food and beverages available for purchase. Sponsored by the West Alameda Business Association and the East Bay Regional Park District.

AWESOME ARTHROPODS

Crab Cove Joseph Carr Ritchie
1-2pm, Sat, Jul 10,
11am-noon, Sun, Jul 25
What's an arthropod? Crabs, spiders, dragonflies and ants are all arthropods, and they're just the beginning. We'll discover just what it takes to be an arthropod as we explore the pond, the Bay shore and everything in between!

SPECIAL TOPICS NATURE SERIES

Crab Cove Interpretive Staff
2-3:30pm, Sun, Jul 11, Aug 22
July 11: Hidden Treasures of San Francisco Bay with photographer Dennis Anderson. Join us for a slide presentation from his new book highlighting the Bay's hidden gems. **Aug. 22:** Wonders of Humpback Whales. Special guest speaker and master naturalist Ron Russo will join us for a very special presentation. In addition to being the former Chief of Interpretation at East Bay Regional Parks, Ron spends much of his time leading trips to view Alaskan wildlife. He will share his first-hand knowledge of Alaska's humpback whales. You'll discover the whale's unique method of capturing fish with bubble nets as they lunge, head-out-of-the-water, mouths agape. This highly organized cooperative feeding has been captured on film in a rare sequence of events that will leave your mouths "agape." Adults.
Reg. Required: (510) 521-6887

SEA SIBLINGS

Crab Cove Interpretive Staff
9:30-10:30am and 11am-noon
Tue, Jul 13, Aug 3, Aug 17
For the 3-5 year old learning ability while providing the option of inviting a 1-5 year old sibling or friend along. Each class provides outdoor exploration and a theme-related craft. **July 13:** Sun

Fun. **Aug. 3:** Wonders of Water. **Aug. 17:** "Sea-I" Siblings. All children pay no course fee.
Reg. Required: (510) 521-6887
Fee: \$4

BIRDS AROUND US

Crab Cove Interpretive Staff
3-4:30pm, Sat, Jul 17
Learn about our feathered neighbors with a guided walk, a nature game, and a show. Bring your binoculars or borrow a pair of ours; perfect for beginning bird watchers!

NATURE FUN-TIME SERIES

Crab Cove Interpretive Staff
1-2pm, Sat, Jul 17, 24, 31, Aug 7, 14, 28, Sun, Jul 18, 25, Aug 8, 15, 29
From the pond to the shore, there's like galore and plenty of fun to be had! Learn about sharks or whales (or other marine ants of the bay), hear watery tales. Join us for all the fun we can have!

SEA SQUIRTS

Crab Cove Interpretive Staff
10-11:30am, Tue, Jul 27, Aug 10, 24
Exclusively for 3-5 year old's accompanied by an adult, this is a great way to discover nature with your little one. Our program offers outdoor exploration and a theme-related craft and snack. See our "Sea Siblings" program if you prefer to have 1-5 year old's join their 3-5 year siblings. **July 27:** Reptile Rendezvous. **Aug. 10:** Wonders of Water. **Aug. 24:** "Sea-I" Squirts.
Reg. Required: (510) 521-6887
Fee: \$6 (non-res. \$8)

BAYSHORE MEANDERS

Crab Cove Interpretive Staff
1-3pm, Sun, Aug 1
Take a guided walk along the Crab Cove to the Elsie Roemer Bird Sanctuary Shoreline Trail. Learn about the history of this shoreline and discover the local wildlife. See page 12 for more Bayshore Meanders.
Reg. Required: (510) 521-6887

SUNOL

Sunol Visitor Center is open Sat. Sun. a.m.-4:30 p.m. For info, call (925) 862-2601 or email vsvisit@ebparks.org.

OUTDOOR DISCOVERIES

Sunol Interpretive Staff
10-11:30am, Thu, Jul 1, 8, 15, 22, 29
Aug 5, 12, 19, 26
Children 3-5 years and an adult are invited to discover the summertime wonders of nature with a naturalist as your guide. Different topics each week. Sessions filled by application. Enrollment limited. Call for space availability for summer programs. Call for fall programs.
Reg. Required: (925) 862-2601
Fee: \$6 (non-res. \$8)

WILDERNESS EXPLORERS & TREKKERS

Sunol Interpretive Staff
Times and dates vary
Children in grades K-6 will explore the world of birds, bugs, bountiful butterflies, slithering snakes and other wilderness beasts during a series of adventures.

Parental participation usually optional, may be required for some programs. Enrollment limited. Call for space availability. Call for fall programs.
Reg. Required: (925) 862-2601
Fee: \$6 (non-res. \$8)

VALLEY NATURE RIDE

Sunol Interpretive Staff
 10-10:45am, Sun, Jul 11 #6810, Jul 25 #6811, Aug 8 #6812, Aug 22 #6813
 Enjoy an introduction to the cultural and natural history of Sunol, then enjoy a 20 min. guided horseback ride, 6+hrs
Reg. Required: (510) 636-1684
Fee: \$17 (non-res. \$19)

FLAG HILL METEOR WATCH

Sunol Cat Taylor
 7:15-10:30pm, Thu, Aug 12
 Enjoy spectacular views of the surrounding heavens from the lofty heights of Flag Hill as we search the skies for the shooting stars of the Perseid Meteor Shower. We'll listen to star stories from around the world and identify summer constellations as we practice naked-eye celestial navigation. Three miles round trip. Vigorous uphill climb. Bring one flashlight per person and something to sit or lay on.

TILDEN NATURE AREA

The Environmental Education Center is open Tue-Sun, 10 a.m.-5 p.m. The Little Farm is open daily. For info call (510) 525-2233 or email tnarea@ebparks.org.

MORNING BIRD WALKS

Tilden Alan Kaplan
 7:30am, Thu, Jul 1, 8
July 1: Tilden's Meadows Canyon to search for the blue-gray gnatcatcher. Meet at the Meadows Fieldpark parking lot. **July 8:** Tilden's Seaview Trail for great views of birds and bay. Meet at the Inspiration Point parking lot. Call ahead to reserve binoculars: (510) 525-2233.

IT'S THE BEES KNEES (AND OTHER PARTS)

Tilden Nature Area Alan Kaplan
 10am-noon, Sat, Jul 3
 Look at bumblebees and other native *Hymenoptera*—we'll catch and release! Learn their importance in our local (and urban) ecosystem.

PUTTING POLLEN IN ITS PLACE

Tilden Nature Area Alan Kaplan
 2-4pm, Sat, Jul 3
 Wind, water, bugs, birds and bats all play roles in setting seeds. See a slide show about their work and then visit some flowers yourself on our trails.

THE RED, THE WHITE, AND THE BLUE

Tilden Botanic Garden Alan Kaplan
 10am-noon, Sun, Jul 4
 Look for examples of America's symbolic colors among the flowers and fruits of the native plant facility in the center of Tilden Park. Learn the importance of pigment in the world of plants.

FOUNDING FATHERS AND MOTHERS

Tilden Nature Area Alan Kaplan
 2-4pm, Sun, Jul 4
 Early history of the Park District is the topic as we walk through the Nature Area. This is our 70th anniversary year!

BIRD PHOTOGRAPHER PAUL ROOSE'S EXHIBIT

Tilden Nature Area
 10am-5pm, every day Jul 5-Aug 31
 Oakland photographer Paul Roose will display his bird photos at the Environmental Education Center. The show, entitled "Keen Eyes, Strong Beaks, Sharp Talons—Birds of the East Bay Hills" will feature twelve of Paul's framed color prints. His photo of a northern harrier eating a rabbit, which will be part of the Tilden exhibit, won Grand Prize in the national WildBird Magazine photo contest in 2002.

INTERDEPENDENCE DAY HIKE

Tilden Nature Area Alan Kaplan
 10am-noon, Mon, Jul 5
 Living side by side (sometimes inside), organisms share the world. See examples of Alan's Third Law of Ecology: no life lives unconnected to other life.

HOLIDAY OPEN HOUSE

Tilden Nature Area Interpretive Staff
 11am-3pm, Mon, Jul 5
 A variety of "drop-in" programs will greet you at the EEC today. Come celebrate with us!

HOLIDAY TEA AT FOUR

Tilden Nature Area Alan Kaplan
 4-5:30pm, Mon, Jul 5
 The history of tea in America is more than just "party, party, party." Learn tea's natural and cultural history here, taste some fine tea worth revoluting for and then take a short walk to see flowers, birds or a complete surprise!
Reg. Required: (510) 525-2233
Fee: \$5 (non-res. \$7)

SNAKE-O-PHOBIC OR FANATIC

Tilden Nature Area Jessica Sheppard
 2-4pm, Sat, Jul 10
 Snakes alive—they're fascinating no matter how you feel about them! Get answers, touch some scales and learn to recognize the only poisonous snake in the park.

A COOL EVENING HIKE

Tilden Nature Area Jessica Sheppard
 7-9pm, Sat, Jul 10
 Meet the mosquitoes, bats, and woodrats; we'll be in the dark together listening to wildlife. Discover the ways of nocturnal creatures.

BUTTERFLY HABITAT

Tilden Nature Area Jessica Sheppard
 10-11:30am, Sun, Jul 11
 Learn to identify the plants and animals of our area and take plants home to enhance your own wildlife habitat.
Reg. Required: (510) 525-2233

CHOCOLATE & COFFEE

Tilden Nature Area Jessica Sheppard
 2-4pm, Sun, Jul 11
 Such wonderful things grow on trees and all related to songbirds. Join us for food, facts and fun.
Reg. Required: (510) 525-2233
Fee: \$8 (non-res. \$10)

LITTLE FARM WEEK

Tilden Nature Area Interpretive Staff
 10am-4:30pm, Mon-Fri, Jul 12-16 #6393, Aug 2-6 #6394
 Experience the old-time country farm lifestyle during a week of farm camp fun! We'll learn about farm animals, dig, shovel, harvest, cook, get dirty and have fun... guaranteed! Youth Camperships available, 8-11 yrs
Reg. Required: (510) 636-1684
Fee: \$135 (non-res. \$149)

TILDEN TORTOISES

Tilden Nature Area Dave Zuckermann
 9:30-11:30am, Tue, Jul 13
 Join our slow-paced hiking group and explore the history of the Nature Area. We'll cover a mile or two of gentle trail. 55+ yrs

MINI-RANGERS

Tilden Nature Area Dave Zuckermann
 3:30-5:30pm, Tue, Jul 13, Aug 17
 Find out how it feels to be a Ranger! Join us for an active afternoon of nature study, conservation and rambling through woods and waters. For 8-12 year olds, unaccompanied by their parents.
Reg. Required: (510) 525-2233
Fee: \$6 (non-res. \$8)

THE LIQUID OF LIFE

Tilden Nature Area Margaret Kelley
 1:30-3:30pm, Sun, Jul 18
 Even the most inert living thing is sixty-five percent water! We'll test the quality of water in Jewel Lake and conduct some other water quality experiments.

CAMPFIRE & SING-A-LONG

Tilden Nature Area Margaret Kelley
 5:30-8:30pm, Sun, Jul 18, Aug 15
 Bring your hot dogs, buns, marshmallows, lo-o-ng sticks, etc. We'll cook over an open fire, sing old songs and tell stories. Dress for possible fog. We'll walk uphill to the campfire circle. Disabled accessible, call for transportation.

SUMMER SCIENCE WEEKS

Tilden Nature Area Alan Kaplan
 10am-4pm, Mon-Fri, Jul 19-23 #5503, Jul 26-30 #5504, Aug 9-13 #5505, Aug 16-20 #5506
 Week long sessions covering biology topics of interest to junior scientists.
July 19: Mammals and Birds—Pick apart an owl pellet, prepare a mammal baby announcement, and discover your home range. **July 26:** Potpourri, different topics daily—Pond and Stream, Reptiles and Amphibians, Dinos, Astronomy, Rainforests. **Aug. 9:** Small World and Body Biology—Human biology and a close look at the new kingdoms of life. **Aug. 16:** Best of Science Week—Favorites from past sessions. Youth Camperships available, 9-12 yrs
Reg. Required: (510) 636-1684
Fee: \$150 (non-res. \$166)

TILDEN TOTS

Tilden Nature Area Linda Yemoto
 10-11:30am, Thu, Jul 22, Aug 26, Wed, Jul 28, Fri, Aug 27
 A nature adventure program for 3 & 4 year olds each accompanied by an adult (or even a grandparent!). In July we'll capture and release butterflies, moths and other insects. In August we'll explore the world of reptiles.
Reg. Required: (510) 525-2233
Fee: \$6 (non-res. \$8)

SUSHI BASICS

Tilden Nature Area Linda Yemoto
 11:30am-2:30pm, Sat, Jul 24
 Learn the natural and cultural history of this ancient cuisine as you prepare and taste seven basic types of sushi. Learn



Wilderness Explorers and Trekkers and Outdoor Discoveries are programs for elementary-age children led by Sunol naturalists. See program descriptions on pages 11 and 12 for these and other activities, including the Perseid meteor watch on August 12.



Diablo Foothills Regional Park outside Walnut Creek offers views in many directions. This park is popular with equestrians, and offers park users an entry into adjacent Mt. Diablo State Park.

how to roll, stuff and form sushi all in a fun, delicious atmosphere. Parent participation required for children 8-10 years.
Reg. Required: (510) 525-2233
Fee: Adult 13+ yrs \$35,
Senior 62+ yrs \$30, Child 8-12 yrs \$25
(non-res. \$39/\$34/\$29)

MEET THE ARTIST RECEPTION

Tilden Nature Area Linda Yemoto
2-4pm, Sun, Jul 25
Meet photographer, Paul Roose, and enjoy the artistry of his avian photos. Paul will demonstrate use of his photography gear; refreshments will be served.

WEEKEND TOTS

Tilden Nature Area Linda Yemoto
10:15-11:45am, Sun, Jul 25
A weekend version of our mid-week Tot program—an indoor/outdoor nature adventure for 3 and 4 year olds, each accompanied by an adult. Today we'll learn about butterflies, moths, and more.
Reg. Required: (510) 525-2233
Fee: \$6 (non-res. \$8)

TUESDAY TWILIGHT HIKE:

THE CREEKSIDE NIGHTSHIFT

Tilden Nature Area Jessica Sheppard
7-9pm, Tue, Jul 27
As twilight descends, many of our residents begin their busy "day." Deer, raccoons, woodrats, and several kinds of bats are all part of the night shift! You may be rewarded with sights or sounds of these animals on our quiet hike. Bring a flashlight for the walk back to your car.

TILDEN EXPLORERS

Tilden Nature Area Linda Yemoto
3:15-4:45pm, Thu, Jul 29, Aug 26
A nature adventure program for 5-7 year olds who may be accompanied by an adult. No younger siblings, please. In July we'll learn about insects, their body parts, and families. In August we'll explore the Nature Area looking for lizards and snakes.

Reg. Required: (510) 525-2233
Fee: \$6 (non-res. \$8)

FULL MOON PEAK HIKE

Tilden Nature Area Dave Zuckermann
7:30-9:30pm, Sat, Jul 31
As the sun dips below the hills, we'll

walk softly in the woods and listen to the sounds of nightfall. Sturdy kid-hikers welcome on this climb to Wildcat Peak to see the moonrise. 8+ yrs

SUMMER POND PLUNGE

Tilden Nature Area Dave Zuckermann
3-4:30pm, Sat, Jul 31
Discover who lurks in the deep. With dip-nets and magnifiers, we'll search for backswimmers, dragonflies, and more. 4+ yrs

BREAKFAST WITH THE BIRDS

Tilden Nature Area Jessica Sheppard
9:30-11am, Sun, Aug 8
I'll bring pastries, you bring your beverage and we'll see what's flapping around the lake. Learn to identify common summer species and look for early migrants.
Reg. Required: (510) 525-2233
Fee: \$2

DOG DAYS

Tilden Nature Area Jessica Sheppard
2-4pm, Sun, Aug 8
Hot days for hot dogs, so bring a leash and learn how different wild and domestic canines really are. Meet at Lone Oak picnic site at the end of Lone Oak Road.

MY SEEDY FRIENDS

Tilden Nature Area Margaret Kelley
1:30-3:30pm, Sun, Aug 15
The face of the world changed when wildflowers appeared. We'll measure to find evidence that reveals the reason for a flower!

SUSHI FOR THE MORE ADVENTUROUS

Tilden Nature Area Linda Yemoto
11:30am-2:30pm, Sat, Aug 21
Another hands-on opportunity to make and taste lots of sushi! You can taste several of the more exotic varieties of sushi and learn to make some of the more contemporary styles. We will likely taste uni, tako, dragon roll, philly roll, and several other types of sushi. Parent participation is required for 8-10 year olds. 8+ yrs
Reg. Required: (510) 525-2233
Fee: Adult 13+ yrs \$40, Senior 62+ yrs \$35, Child 8-12 yrs \$25
(non-res. \$44/\$39/\$29)

TODDLERS AND FRIENDS

Tilden Nature Area Linda Yemoto
10:30-11:30am, Sun, Aug 22
Here's a chance for little ones and their grown-up friends to explore the meadows, ponds, and trails in the Nature Area. Especially for 2-3 year olds. Discover our local plants and animals and the stories they tell.

LATE SUMMER PONDS

Tilden Nature Area Linda Yemoto
2-3:30pm, Sun, Aug 22
With dip nets in hand, we'll venture down to the meadow ponds to discover what's wriggling and squiggling. We'll capture and release nymphs and naiads, backswimmers and boatmen and learn the role they play in pond ecology.

SONGS AND SINGERS:

THE BIRDS OF HOME

Tilden Nature Area Alan Kaplan
9am-noon, Sat, Aug 28
A lot of birds you'll see in the park can be seen near your East Bay home. Look at our slide show, listen to the tape and then go out for a review in the field. We have binoculars to loan.

HOT DOGS R' US

Tilden Nature Area Alan Kaplan
2-4pm, Sat, Aug 28
Our annual tasting of red hots, sausages, brats, and others—the "best of the worst." You'll learn the food chain of events, from farm to table, and the history of the hot dog in America.

Reg. Required: (510) 525-2233
Fee: \$5 (non-res. \$7)

4.5 BILLION YEARS OF HISTORY IN 90 MINUTES

Tilden Nature Area Alan Kaplan
10-11:30am, Sun, Aug 29
From stars to Starbucks in one and a half hours: a slide show story of the Earth, where we came from and our fate.

HOW MANY KINGDOMS ARE YOU?

Tilden Nature Area Alan Kaplan
2-4:30pm, Sun, Aug 29
We'll search for evidence of the many kingdoms of life—it's not just plants and animals anymore! Discover how things have changed.

OTHER PARKS

WOMEN ON COMMON GROUND

Various parks Katie Colbert
Times and dates vary
This is a series of naturalist-led programs for women who love to hike, camp, play, and learn in the out-of-doors, but whose concern for personal safety keeps them from enjoying their own parklands. Activities celebrate natural and cultural history and are designed to help women reclaim the joys of wild places by day and night. For a complete schedule call or write Sunol Wilderness, P.O. Box 82, Sunol, CA 94586, or email svisit@ebparks.org. Adults.

DEL VALLE CAMPPFIRE PROGRAMS

Del Valle Interpretive Staff
8:30-9:30pm, Fridays and Saturdays, July and August
Join the Sunol Interpretive staff for entertaining and educational programs

at the campground amphitheater. One of our staff will visit campsites before each evening's campfire program to answer questions about the Regional Parks, Del Valle, and park plants and animals. Not campers are welcome.

LAKE DEL VALLE NATURAL HISTORY BOAT TOUR

Del Valle Interpretive Staff
1-2:30pm, Saturdays and Sundays, July and August
There's no better way to enjoy Del Valle than being out on the lake. Join us on a boat tour to the dam. We will answer your questions about the lake, the wildlife and the activities available for you at the park. Bring a jacket, sunscreen and binoculars if you have them. Purchase tickets at the west-side concession beginning at 11 a.m. All children under 13 (including infants) and all non-swimming adults will be required to wear a provided flotation device. Programs may be canceled if there are five or fewer participants or if the lake is too dry.
Fee: Adult 13+ yrs \$4.25,
Child 1-12 yrs \$2.75

WEDNESDAY WALKS

Various parks Christina Garcia
9:30am-noon, Wed, Jul 7, 21, 28, Aug 18, 25

Explore a new East Bay Regional Park every week with our friendly walking group. Discover the natural and human history of our beautiful parklands and improve your health on a fast-paced hike. Hikers of all ages and abilities are welcome. Wear sturdy footwear and bring water. Hikes begin at 9:30am. For more information and complete directions, call (510) 796-0199. July 7-Coyote Hills. Visit a 2000-year-old Ohlone shellmound and learn a bit about the life of the first Californians on a 3.5-mile hike. Our fun and easy route will take us through the cattails and willows bordering a freshwater marsh filled with wildlife. Meet at the Coyote Hills Visitor Center parking lot in Fremont. July 21-Redwood. Hike through the remnants of the large forests of coast redwoods that once covered much of the Oakland hills on a moderately strenuous 4.5 mile hike. Meet at Canyon Meadow Staging Area. Directions: From I-580 in Hayward, go east to Highway 13. Go north on 13 to the Redwood Road Exit. Go straight through the intersection to the stop light and bear right turn on Redwood Road. Continue up the hill on Redwood Road. Continue for the park entrance two miles past the Redwood/Skyline Blvd. intersection, on the left. Meet at the Canyon Meadow Staging Area at the end of the road. July 28-Diablo Foothills. Join Naturalist Susan Dussau for a flat and easy 2.3 mile stroll along shady Pine Creek. Look for raptors nesting in the sandstone cliffs known as Castle Rock. Directions: From I-680, take Walnut Creek, take Treat Blvd east to Bancroft Rd. Turn right on Bancroft, which will become Walnut Ave. After crossing Ygnacio Valley Blvd. Continue on Walnut until it joins Grove Road. Turn right and continue on Castle Rock Road. Meet in the parking area at the end of the road.

road. **Aug. 18—Anthony Chabot:** Hike in the beautiful hills surrounding Lake Chabot. We'll travel through shady canyons and climb oak studded hillsides on a strenuous 4 mile route with some uphill climbing, including one particularly steep section. Meet at Proctor Staging Area on Redwood Road. Directions: From I-580 eastbound, exit at Redwood Road and go north. (From I-580 westbound take Castro Valley exit, continue west on Castro Valley Blvd. and turn right (north) on Redwood Road.) The Staging Area is on the left side of the road, 0.2 miles north of Proctor School and just south of Willow Park Golf Course. Look for a small "Bike Route End" sign on the right, then pull into the next driveway on the left.

Aug. 25—Oyster Bay: Enjoy spectacular views of the Bay as we explore this shoreline park on an easy 3-mile walk. Bring binoculars to appreciate the abundant waterfowl and shorebirds. Directions: From I-880 in San Leandro, take Marina Blvd. west. Turn right at Neptune Dr. and continue to the park entrance.

SUMMER SUNDAY STROLLS

Various parks Mike Moran
10am-noon, Sun, Jul 4, 11, 18, 25, Aug 15, 22

Come on one, come on all! Explore the amazing natural and cultural richness of our parks and trails on this series of diverse hikes. **July 4,** Marsh Creek Trail—Back to the Future: Explore the county's second largest creek and the very large changes coming on this flat saunter. Wheelchair accessible. **July 11,** Big Break-Delta Wetlands: Stroll a flat paved trail through willow thickets and tule marshes. Wheelchair accessible. **July 18,** Round Valley—The Great Dale: Explore the secrets of this vast oak woodland, with eagles above and summer's gold all around on a moderately hearty hike. **July 25,** Carquinez Shoreline—View to a Thrill: Learn some amazing physical and cultural geography via a steep hike and one of the best views in the Bay Area. **Aug. 15,** Morgan Territory—Summer in the Black Hills: Acquaint yourself with some fine stands of oak and chaparral and the critters that live there. **Aug. 22,** Martinez Shoreline—Martinez, With Two Olives: A restored wetland, cool breezes, and fun history await you on this flat and easy jaunt. Wheelchair accessible.

Reg. required for all hikes:
(925) 757-2620

COOL, GREEN AND SHADY

Redwood Interpretive Staff
3-4:30pm, Sat, Jul 10

Discover this refuge from the heat of the day and learn about its fascinating past on an easy, guided walk among the second-growth redwoods. From ferns to fairy rings, get an up-close view of the remnants of this ancient forest.

PLANT MATERIALS GATHERING

Morgan Territory, Sunol Beverly Ortiz
10am-4:30pm, Sun, Jul 11

Every year we gather plant materials to use in the following year's Ohlone cultural programs at Coyote Hills. Depending on availability at Morgan Territory and Sunol/Ohlone Wilderness, we'll gather manzanita berries, teas, and gray

pine nuts. If you're interested in assisting the Ohlone in gathering these materials, Please join us. 18+ yrs

Reg. Required: (510) 795-9385

TRAILS CHALLENGE HIKE: 8 AT 8

Redwood Gail Broeders
8am-1pm, Sun, Jul 25

8 miles at 8am that is—as we hike both East and West Ridge Trails in Redwood Park learning about its history and enjoying its splendor. We'll meet at Skyline Gate and circle the park on this long hike, enjoying great views and a great time. Gain credit towards East Bay Regional Park District's Annual Trails Challenge (earn a T-shirt and pin).

Reg. Required: (510) 521-6887

GUIDED TRAILS CHALLENGE HIKE

Kennedy Grove Dave Zuckermann
10am-1pm, Sun, Aug 1

Join the Regional Parks 2004 Challenge Hike program and explore historic ranchlands now preserved as open space.

Reg. Required: (510) 525-2233

SCIENCE FOR TYKES

Various parks Cat Taylor
7-10pm, Wed, Aug 4, Aug 11
5-7pm, Sat, Aug 7, Del Valle
10-11:30am, Sat, Aug 14, Alameda Creek

Kids ages 4-8 years and an adult are invited on this series of outdoor science programs set in a wildly exciting natural laboratory. **Aug. 4—Mom's Night Out Dinner Hike:** This will be a special evening program for busy moms to have a night of nature exploration by themselves! Pack a dinner and beverage in a backpack for a hike into the hills of Sunol, where we'll stop and eat and take a break from the demands of daily life. **Aug. 7—Evening Boat Float:** We'll cruise the hidden coves of Lake Del Valle today as we learn why the lake is like a giant bathtub, where the water comes from and where it goes. We'll also be on the lookout for eagles, deer and other critters who call this reservoir "home." Parental participation mandatory for today's program. Parking fee may apply. **Aug. 14—Alameda Creek Slosh Hike:** Be prepared for a hands-on, submerged aquatic experience as we follow the course of a water droplet in the Alameda Creek watershed. Once our little tributary joins the main waterway, we will remain in the creek no matter what the obstacle or how deep the pool may be! Be prepared for slippery, sliding, sloshy wetness as we meander our way down. Parental participation mandatory for this hike—may not be appropriate for younger siblings.

Reg. Required: (925) 862-2601
Fee: \$6 (non-res. \$8) No fee for Aug. 4

TRAILS CHALLENGE HIKE

Redwood Naturalist Nancy
8:30am-1pm, Sat, Aug 7

This challenging 8-mile loop hike sweeps along open ridges, drops into a lush coast redwood forest, crosses Redwood Creek and climbs through oak/bay woodlands. Explore these habitats and gain credit towards East Bay Regional Park District's annual Trails Challenge (earn T-shirt and pin).

Reg. Required: (510) 521-6887

BEAT THE HEAT MORNING STROLLS

Various parks Mike Moran
8-10am, Tue, Jul 27, Aug 17

Start your day with birdsongs and cool morning shadows. **July 27—Marsh Creek Regional Trail:** We'll explore a babbling brook with a bright future. Wheelchair accessible. **Aug. 17—Martinez Regional Shoreline:** We'll explore the nature and culture of our breezy riverfront on this easy, relaxed stroll.

Reg. Required: (925) 757-2620

THURSDAY BIRDING: THE EARLY MIGRANTS

Various parks Mike Moran
9-11am, Thu, Jul 22, Aug 19

Migrants! YES! Are you kidding? NO! Come see our first avian harbingers of the season to come. We'll check in on our residents while we're at it. **July 22—Waterbird Marsh. Aug. 19—Ironhouse Sanitary District.**

Reg. Required: (925) 757-2620

NATURE TALES

Garin Kristina Parkison
1:30-3pm, Sat, Aug 21

Enjoy a relaxing afternoon of hikes and stories. We'll explore scenic vistas around Garin and read stories at each stop as a way to connect and learn natural history. Have a favorite nature tale? Bring it to share!

Reg. Required: (510) 795-9385

NATURE GAMES, CRAFTS AND SURPRISES

Anthony Chabot Naturalist Nancy
4-5:30pm, Sat, Aug 21

Enjoy a potpourri of activities which celebrate the mysteries of nature. Fun includes habitat tag, snake craft, invisible writing trick and cooking solar oven quesadillas.

Info: (510) 521-6887

BRIONES BOUNTY

Briones Sabrina Dussau
9:30-11:30am, Sat, Aug 28

Orchards and vineyards once made this park home to some of the county's most important crops. Journey through one of these aged orchards as we pick pears (to take home!) and piece together the his-

tory of this bountiful park.
Reg. Required: (510) 757-2620

TUESDAY TWILIGHTS

Various parks
7-9pm, Tue, Jul 6
6:30-8:30pm, Tue, Aug 10, 31
6-8pm, Tue, Aug 31
8-10pm, Tue, Jul 13

Tuesday evening naturalist programs in different parks throughout the summer. Hikes vary in difficulty and distance. For complete listing please send legal-sized SASE to Tuesday Twilights, Sunol-Ohlone Regional Wilderness, P.O. Box 82, Sunol, CA 94586. **July 6, MLK Shoreline—The New Marsh** with Jessica Sheppard: Watch the sunset and listen to the shorebirds settle in for the night. Find out how the rails, avocets and burrowing owls are rebounding after the efforts to restore this avian paradise. Our hike will be on a flat, paved trail. Bring a jacket for wind. Turn into the park off Swan Way, follow the drive to the end and meet at the last parking lot by the observation deck. **July 13, Briones—Tuesday Twilight of the Gods** with Alan Kaplan: Stories of Mesopotamian, Greek and Roman celebrities (the "stars" of their day, and the stars and planets of ours). Learn to recognize the summer constellations. Dress warmly. Meet at the parking lot inside the Bear Creek Road entrance (past the kiosk). **Aug. 10, Morgan Territory—Chaparral, Oaks and Grasslands Supper Hike** with Cat Taylor: Join us for a gently undulating evening family discovery hike through this East Bay jewel tucked high up in the hills above Livermore. Pack a supper and drink in a backpack. We'll feast with spectacular views of Mount Diablo. We'll explore various natural communities along the way. Meet at the main staging area off of Morgan Territory Road. Ages 5+ yrs For info: (925) 862-2601. Take N. Livermore Ave. off of I-580 heading north. It turns 90 degrees to the left and becomes Manning Road, turn right on Morgan Territory Road. Follow it to the staging area. Allow extra time, to get there. **Aug. 31, Garin—Stories Into Sunset** with Sheppard and Southworth: Join the final hike of the summer series! This mysterious park is a perfect setting



Volunteers assist with trail erosion protection at Pleasanton Ridge Regional Park in the hills west of Pleasanton.

for our celebration with its fascinating blend of cultural and natural history. Hike up a hill to enjoy refreshments and views of the sun setting on the golden grass as we listen to the stories of apples, news and others. Bring a jacket; there might be mosquitoes or a breeze. **Aug. 31**, Diablo Foothills—Delightful Diablo Dusk with Mike Moran: Explore the prosaic method to the poetic madness of one of the most dramatic landscapes of our region. We'll stroll three easy-to-moderate miles amidst marvelous oaks, peaceful Pine Creek and under the awe-inspiring cliffs of Castle Rocks. Info: (925) 757-2620

BIRDING ABROAD

Various parks Parkison/Southworth
9:30-11:30am, **Thu, Jul 22, Aug 12, 26**
The East Bay provides a rich and varied habitat for many kinds of birds. Join us as we explore a variety of communities in search of bird diversity. Discover just how many of our feathered friends call your neighborhood home. **July 22**: Garin. **Aug. 12**: Mission Peak. **Aug. 26**: Ardenwood. See page 8 for an additional Birding Abroad program. 8+ yrs
Reg. Required: (510) 795-9385

ANTHONY CHABOT SUMMER CAMPFIRE PROGRAMS

Anthony Chabot Interpretive Staff
8-9pm, **Saturdays, July & August**
Old-fashioned campfires provide free family fun every Saturday night throughout the summer. Join us for songs, stories, and activities related to the evening's topic. Bring marshmallows to roast after the program. **July 3**: Owls. **July 10**: Ancient Forests. **July 17**: Birds of Prey. **July 24**: Amazing Insects. **July 31**: Nocturnal Animals. **Aug. 7**: Trees Inside and Out. **Aug. 14**: Sizing up Snakes. **Aug. 21**: Observing the Night Sky. Join Celeste Burrows, astronomy instructor at the Chabot Space and Science Center. **Aug. 28**: Wildland Firefighters. Non-campers welcome!

BAYSHORE MEANDERS

Various parks Interpretive Staff
1-3pm, **Sun, Aug 15, 29**
Take a guided walk along one of our many shoreline trails; learn about the history of each shoreline and discover the local wildlife. **Aug. 15**: Oyster Bay. **Aug. 29**: Martin Luther King, Jr., Shoreline. See page 9 for Crab Cove Bayshore Meander.
Reg. Required: (510) 521-6887

RETURN OF THE OVER-THE-HILLS GANG

Various parks Dave Zuckermann
10am-noon, **Tue, Jul 27, Aug 31**
Hikers 55 years and older who are interested in nature study, history, fitness, and fun are invited to join us on a series of monthly excursions exploring our Regional Parks. **July 27**—Miller/Knox: Smack-dab in the heart of industry lies this peaceful shoreline; climb the hills and learn its history. **Aug. 31**—Carquinez Strait: Enjoy sweeping views above the strait as we explore the region's history. 55+ yrs
Reg. Required: (510) 525-2233

MID-DAY MEANDER

Huckleberry Alan Kaplan
2:30-4:30pm, **Tue, Aug 3**
Rare manzanitas, cool mosses, and delicious berries, all in a compact park off of Skyline Blvd. Learn how life has adapted in this moist environment. There will be one steep section; otherwise, an easy, shaded hike.
Info: (510) 525-2233

VOLUNTEER

PUBLIC SAFETY VOLUNTEER OPPORTUNITIES

Various parks
Various dates and times
On-going volunteer programs assist District staff in the delivery of essential services, which include; educating trail users about trail safety; assisting the helicopter with rescues; supplementing police in patrol activities and incident response. Certifications and/or training are required for some programs. **FLIGHT MEDICS**—Sgt. White Info: (510) 785-3370. **BICYCLE PATROL, HIKING PATROL, COMPANION DOG PATROL AND MOUNTED PATROL**—Patrick Balizan Info: (510) 544-3133.

PARK/TRAIL GUIDES

Various parks Rick Spittler
Various dates and times
Guides are needed to assist the visually impaired in hiking on Regional Parks trails. Training provided by Bay Area Outreach Recreation Program (B.O.R.P.). Info: (510) 849-4663

VOLUNTEER GARDNERS NEEDED

Garin
Various dates and times
Volunteers with green thumbs are invited to help maintain the Meyer's Garden in Hayward on Fridays from 9 a.m. to noon, and Sundays from 10:30 a.m. to 12:30 p.m. Contact Ron Mueller at (510) 582-2206.

APPLE ORCHARD VOLUNTEERS

Garin
9am-noon, **Wednesdays**
Volunteers are needed to help maintain our historic apple orchard at Garin Park in Hayward every Wednesday from 9 a.m. to noon. Call Ron Mueller for more information at (510) 582-2206.

CHABOT TRAIL MAINTENANCE VOLUNTEERS

Anthony Chabot
9am-3pm, **Sat, Aug 7**
Join park staff and the East Bay Trail Dogs at Anthony Chabot for a trail maintenance project.
Reg. Required: (925) 756-0195

WILDLIFE VOLUNTEERS:

LIZARD LEGIONNAIRE "Doc Quack"
Various parks
7:30 a.m.-2:30 p.m., **dates TBA, July to September**
As a Lizard Legionnaire, you'll discover the beauty, mystery, and magic of the region's reptiles while participating in field research to conserve and manage grassland wildlife. This on-going research includes setting up research plots, traps, monitoring, vegetation survey and hands-on data entry. Space is limited.
Reg. Required: 510-544-2320

WILDLIFE VOLUNTEERS:

IT'S YOUR TURN
Hayward Shoreline Doc Quack
2-5pm, **Sun, Aug 22, 29, Sep 26**
This is an exciting adventure over land and water to help create nesting habitat for the State and Federal Listed endangered California least tern. By participating, you'll make new friends, peer into the world of wildlife and earn your "Least Tern Habitat Helper" patch. Parent participation required.
Reg. Required: (510) 544-2320

EDUCATORS ACADEMY

A DAY IN STONE-AGE CALIFORNIA

Sunol Norm Kidder
9am-5pm, **Sat, Jul 10 #5390**
A taste of life as it may have been before crowds and modern technology replaced direct contact with nature. We will spend the day as hunters and collectors, finding resources to accomplish a variety of tasks; then sitting on mats under a shade shelter, cooking, eating and practicing the skills needed for daily life in the stone-age. Go home with a friction fire set, basic stone tools, a bone awl, a full belly and an understanding of house construction, fire, tracking, hunting, fishing and foraging and much more. This workshop will give you a personal, meaningful context for teaching about California Indians or early humans. Adults.
Reg. Required: (510) 636-1684
Fee: \$45 (non-res. \$51)

FARMS IN CLASSROOMS

Ardenwood Fetterly/Reinertson
9:30am-4pm, **Wed, Jul 14 #5391**
This one day workshop is designed for teachers who are planning a class field trip to Ardenwood Historic Farm. You will learn a variety of hands-on activities in science, art and social studies that will bring local history and California agriculture alive in your classroom. Learn about the many agricultural resources in the Bay Area, curriculum guides that will help you meet state-standards and new creative project ideas to help your students cultivate an awareness and appreciation of agriculture. Adults.
Reg. Required: (510) 636-1684
Fee: \$45 (non-res. \$51)

PROJECT LEARNING TREE

Tilden Nature Area Margaret Kelley
9:30am-4:30pm, **Sat, Jul 17 #5392**
For anyone who interested in education or learning about the environment, here's your chance. PLT is an international award-winning education program focusing on worldwide forest ecology and environmental issues and designed to reach grades K through 12. Participants receive the PLT activity guide, practice its use and receive help with the State Standards Correlation. Adults.
Reg. Required: (510) 636-1684
Fee: \$45 (non-res. \$51)

BAY HABITATS & ANIMAL ADAPTATIONS

Crab Cove Sharol Nelson-Embry
8am-2pm, **Tue, Jul 20 #5396**
We live next to the largest estuary on

the west coast of North America! Using the marine reserve and our exhibit area learn how to introduce students to four bay habitats—rocky shore, mudflats, salt marsh and bay waters. We'll "dive in" to learn what makes each habitat unique and which animals are especially adapted for life in each area. Explore habitats for crabs, fish and ghost shrimp. Meet critters up close using binoculars, scene setting viewing scopes and more! Learn how each animal copes with this changing environment through adaptations in body or behavior. Leave with handouts, field trip ideas, outdoor teaching techniques & nature games and a deeper appreciation for our exceptional estuary! Adults.
Reg. Required: (510) 636-1684
Fee: \$45 (non-res. \$51)

OHLONE & OTHER

CENTRAL CALIFORNIA INDIANS
Coyote Hills Lisa Carner/Bev Oza
9:30am-4pm, **Sun, Jul 25 #5393**
During this day-long workshop, you'll have an opportunity to play some Central California Indian games that you can share with your students. You'll also make some Central California Indian toys. Games will include cricket (Pomo), stealing the stick (Pomo) and Indian football. Toys will include acorn tops and tule bitterns. Exclusive handouts will include bibliographies, concepts, activities and foods. Ideal for teachers of grades 3 through 12. Adults.
Reg. Required: (510) 636-1684
Fee: \$45 (non-res. \$51)

BURNING ISSUES FOR EDUCATORS

Tilden Nature Area Antunes/Kelly
9:30am-4:30pm, **Sat, Aug 14 #5394**
This special Project Learning Tree workshop will explore the role of fire in wildland-urban ecosystems. You will leave the workshop fired up and ready to use ideas and materials that spark students' interest in science, social science, mathematics, geography, language arts and other subjects. Participants will receive the PLT activity guide, six copies of Burning Issues CD-ROM, educational materials for teaching fire ecology at different grade levels and correlations to the national and California subject area content standards for all materials. Ideal for teachers in grades 5 through 12. Adults.
Reg. Required: (510) 636-1684
Fee: \$45 (non-res. \$51)

MONARCHS IN THE CLASSROOM

Coyote Hills Sheppard/Southworth
9:30am-4:30pm, **Sat, Sep 11 #5395**
The distinctive Monarch is a popular insect for its beauty and fantastic overwintering behavior. This familiar butterfly is also an exceptional educational tool for the classroom. This session will provide teachers with guaranteed techniques for successful milkweed propagation and successful milkweed rearing. You will construct and take home your own rearing cage, complete with milkweed and larva, to provide immediate personal learning opportunities for your students. Ideal for 6th-12th grades. Adults.
Reg. Required: (510) 636-1684
Fee: \$45 (non-res. \$51)

MEMBERSHIP PROGRAM

Enjoy free parking, free swimming at seven lakes, special members' events, a free guide to the Regional Parks, members-only newsletter, and additional benefits listed below! Call (510) 544-2203, for information.

\$60 Family Membership—Dog pass, free entry to swim areas for up to six, 50 percent off on off-season (October through April) camping.

\$25 Senior/Disabled/Student

\$30 Single Member

\$40 Senior Day Use/Boat Launch

\$90 Senior Fishing

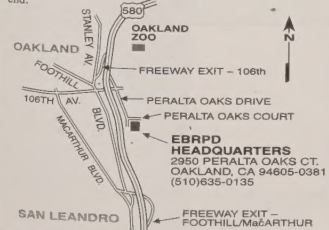
\$100 Tilden Circle—Family Member benefits plus an invitation to a special Members' only event.

\$250 Reinhardt Circle—Tilden Circle benefits plus invitations to special programs.

\$1,000 Sibley Circle—Reinhardt Circle benefits plus "behind the scenes" with a naturalist.

To reach the Central Registrations office:

From south or east of Oakland on I-580 West, take the MacArthur/Foothill exit in San Leandro. Bear right onto Foothill, turn right on 106th Ave. and right again onto Peralta Oaks Drive. Follow it to the end. From Oakland or north or west of Oakland on I-580 East, take the 106th Ave. exit in Oakland. Take the first three left turns; this will put you on 106th Ave. From 106th, turn right onto Peralta Oaks Drive and follow it to the end.



SPECIAL RECREATIONAL FACILITIES AND PROGRAMS

FACILITIES AND PROGRAMS	PARK	OPERATOR	PHONE
Archery - Field and Target	Briones	Briones Archers	(510) 724-3814
Archery - Field and Target	Redwood	Redwood Bowmen Assoc.	(510) 530-0400
Bike Rentals	Del Valle	Windsurf Del Valle	(925) 455-4008
Boat Rentals	Del Valle	Urban Park Concessionaires	(925) 449-5201
Boat Rentals	Shadow Cliffs	Park Vending and Concession	(925) 846-9623
Boat Rentals	Lake Chabot	Lake Chabot Park Company	(510) 582-2198
Camping (groups)	Various Parks	East Bay Regional Park District	(510) 562-2267
Camping (families)	D. Valle, A. Chabot, Sunol (EBRPD)		(510) 562-2267
Dog Wash	Pt. Isabel	Mudpuppy's Tub & Scrub	(510) 559-8899
Golf, Driving Range, Food, Banquet	Lake Chabot	Willow Park Inc.	(510) 537-8999
Golf, Driving Range, Food, Banquet	Tilden	American Golf	(510) 848-7373
Hang Gliding - Experienced Flyers	Mission Peak	Wings of Rogallo	(408) 476-2227
Blacksmithing	Ardenwood	Scott Thomas	(510) 790-9060
Horse Arena	Martinez Shoreline	Martinez Horseman Association	(925) 228-7981
Horse Arena	Redwood	Judith Castro	(510) 336-0850
Horse Boarding Barn, Lessons	Anthony Chabot	Chabot Stables, Sara Crary	(510) 569-4428
Horse Boarding Barn, Lessons	Little Hills	Las Trampas Stables	(925) 838-7546
Horse Boarding Barn, Lessons	Redwood	Piedmont Stables	(510) 531-9944
Horse Boarding Barn, Lessons	Anthony Chabot	Skyline Ranch Equest. Center	(510) 336-0850
Horse Day Camp	Las Trampas	Las Trampas Stables	(925) 838-7546
Horse Day Camps	Castle Rock	Adventure Day Camp	(925) 937-6500
Horse Rentals, Trail Rides and Lessons	Little Hills	Las Trampas Stables	(925) 838-7546
Horse Rentals, Trail Rides	Sunol	Sunol Pack Station	(925) 862-0175
Marksmanship - Target & Skeet	Anthony Chabot	Chabot Gun Club	(510) 569-0213
Meeting and Club Activities	Martinez Shoreline	Martinez Sportsman Club	(925) 228-5638
Meeting and Club Activities	Martinez Shoreline	Martinez Pigeon Club	(925) 228-8222
Meetings, Weddings and Banquets	Tilden Brazil Room	Regional Parks	(510) 540-0220
Meetings, Weddings and Banquets	Kennedy Grove	Regional Parks	(510) 540-0220
Meetings, Weddings and Banquets	Temescal	Regional Parks	(510) 540-0220
Meetings, Weddings and Banquets	MLK Jr. Shoreline	Regional Parks	(510) 540-0220
Merry-Go-Round, Children's Parties	Tilden	Terrill Holliman	(510) 524-6773
Model Boat Facility	Alc. Creek Quar.	Model Mariners	(510) 234-4884
Model Railroad - 5 Scales and Museum	Miller Knox	Golden State Model RR Museum	(510) 549-0211
Native Plants	Tilden	NativeHere Nursery	(510) 549-0211
Native Plants	Carquinez	CREEC	(510) 787-9772
Picnics (groups)	All Parks	East Bay Regional Park District	(510) 562-2267
Picnics, Parties and Events (groups)	Castle Rock	Picnic People	(925) 462-1400
Picnics, Parties and Events (groups)	Little Hills	Picnic People	(925) 462-1400
Picnics, Weddings, Food (groups)	Ardenwood	Picnic People	(925) 462-1400
Pony Rides, Kid's Parties, Day Camps	Tilden	Camey Thompson	(510) 527-0421
Railroad - Rides, and Museum	Ardenwood	Society to Preserve Carter Bros.	(510) 796-9560
Trains - Model Steam Engines	Tilden	Golden Gate Live Steamers	(510) 486-0623
Trains - Steam Train Rides	Tilden	Redwood Valley Railroad	(510) 548-6100
Waterslide, Food, Group Picnics	Shadow Cliffs	Shadow Cliffs Association	(925) 829-5600
Windsurfing - Rentals and Lessons	Del Valle	Windsurf Del Valle	(925) 455-4008
Windsurfing - Rentals and Lessons	Crown Beach	Boardsports	(415) 258-9283

VISITOR CENTERS

ARDENWOOD
34600 Ardenwood Blvd.
Fremont, CA 94555-3645
(510) 796-0663

BLACK DIAMOND MINES
5175 Somersville Road
Antioch, CA 94509
(925) 757-2620

BOTANIC GARDEN
Tilden Regional Park
Berkeley, CA 94708
(510) 841-8732

COYOTE HILLS
8000 Patterson Ranch Rd.
Fremont, CA 94555-3502
(510) 795-9385

CRAB COVE VISITOR CENTER
1252 McKay Avenue
Alameda, CA 94501-7805
(510) 521-6887

DEL VALLE
7000 Del Valle Road
Livermore, CA 94550
(925) 862-2601

GARIN
1320 Garin Avenue
Hayward, CA 94544-6822
(510) 795-9385

SUNOL-OHLONE
P.O. Box 82 (on Geary Road)
Sunol, CA 94586
(925) 862-2601

TILDEN NATURE AREA
Environmental Education Center (EEC) at Tilden Regional Park
Berkeley, CA 94708
(510) 525-2233

SWIM FACILITIES
LAKE ANZA
Tilden Regional Park
Berkeley, CA 94708
(510) 843-2137

CONTRA LOMA
1200 Frederickson Lane
Antioch, CA 94509
(925) 757-0404

CULL CANYON
18627 Cull Canyon Road
Castro Valley, CA 94552
(510) 537-2240

DEL VALLE
7000 Del Valle Road
Livermore, CA 94550
(925) 373-0332

DON CASTRO
22400 Woodrose Ave.
Hayward, CA 94541
(510) 538-1148

QUARRY LAKES
2250 Isherwood Way
Fremont, CA 94535
(510) 795-4883

ROBERTS POOL
10570 Skyline Blvd.
Oakland, CA 94619
(510) 482-6028

SHADOW CLIFFS
2500 Stanley Blvd.
Pleasanton, CA 94566
(925) 846-3000

LAKE TEMESCAL
6502 Broadway Terrace
Oakland, CA 94610
(510) 652-1155

REGISTRATION INFORMATION

NO REGISTRATION REQUIRED—Many programs do not require registration. Simply join the instructor at the location indicated in the program description. Call the phone number listed in the program descriptions if you need further information.

IN-PARK REGISTRATION—For programs requiring registration at park sites, call the number indicated in the description. Information will be provided when you call.

CENTRAL REGISTRATION—The course codes for programs that require central registration are printed in green throughout this directory. Please refer to the instructions below for registration procedures for mail-in, walk-in, phone or fax registration.

ON-LINE: WebReg online registration for Centrally registered programs is available at www.ebparks.org.

MAIL-IN: Complete the registration form on the back cover of this directory and mail with your payment (pre-printed check or fill in the credit card info on the mail-in form) to: East Bay Regional Park District, Reservations Dept., P.O. Box 5381, Oakland, CA 94605-0381.

WALK-IN: Come to the District Headquarters between 8:30 a.m. and 5 p.m. Mondays through Fridays. We are located at 2950 Peralta Oaks Court in Oakland, next door to the Dunsmuir House and south of the Oakland Zoo off I-580. See map above.

BY FAX: Complete the registration form on the back cover and fax it to (510) 635-5502. Include all the necessary credit card information.

BY PHONE: Phone registration requires a credit card. Call the Reservations Office between 8 a.m. and 5 p.m. Mondays through Thursdays, or 8 a.m.-4 p.m. on Fridays. The Reservations Office is closed on weekends and holidays. Please call the phone number for your area:

Oakland.....(510) 636-1684
Contra Costa Co.....(925) 676-0192
Livermore.....(925) 373-0144
Hayward.....(510) 538-6470
Outside East Bay.....(510) 636-1684
TDD.....(510) 633-0460

FEES: Fees must be paid in full at the time of registration. They may be paid by pre-printed check, money order, VISA, Mastercard or in cash for walk-in registration. Non-resident fees apply to anyone living outside of Alameda or Contra Costa counties. Parking or park entrance fees may be charged depending on program time and location. Ardenwood entrance fees vary depending on the event or activity. Confirm all fees when registering for a program. Many programs have **fee assistance funds** available for low-income individuals and families. For information call the registration phone numbers listed at the bottom of the previous column.

CHECK ACCEPTANCE: Pre-printed checks are accepted for mail-in registration in the Central Reservations Office until two weeks before the program takes place. Make checks payable to EBRPD. Programs registered in the parks will accept checks up until the day of the program. Returned checks will be charged an additional \$15 Returned Check charge.

CREDIT CARDS: VISA and Mastercard are accepted for all fee programs *except* those that are registered at a park. Call the phone number in program description for info.

CANCELLATION POLICY:

REFUNDS/TRANSFERS: Refunds or transfers will be processed for programs canceled because registration is below the minimum enrollment at the cutoff date, or if a program is canceled due to inclement weather or instructor illness. Please allow up to three weeks for receipt of refund. If you would prefer to transfer into another program or class and there is space available, your refund may be applied to the fee for that program or class. (See Special Cancellation Policy below for exceptions.)

IF YOU MUST CANCEL: For a full refund or credit toward another program, you must call in your cancellation at **least seven days prior** to the class or program. Failure to notify the Reservations Office at **least seven days in advance** of the program date will result in forfeiture of program fees. See Special Cancellation Policy below for exceptions.

Special Cancellation Policy: For certain programs requiring the Park District to commit a deposit or guarantee a minimum, refunds will not be available **less than 14 days prior** to the start of the program. In the case of cancellation due to inclement weather, a credit will be issued for a future class with the same instructor. These programs are noted by "Special Cancellation Policy applies" within the program description.



East Bay Regional Park District
Attention: Reservations
2950 Peralta Oaks Court, P.O. Box 5381
Oakland, CA 94605-0381

July-August 2004 Mail-in Registration

Make checks payable to: EBRPD

☐ MasterCard ☐ VISA

Name (parent or guardian if under 18)

Address

City

Zip

()

()

Day phone

Night phone

email address

Amount \$

Expiration date

Authorized signature

Participant's Name	Birthdate	Class Title	Code	Date	Fee
	Month/Day/Yr	First Choice			
		Second Choice			
		First Choice			
		Second Choice			
Day Camp Scholarship Fund—provides subsidized day camp experiences for inner-city youth. (Optional)					\$1
Subscribe to this publication (Regional in Nature) (Optional)					\$5
Submit additional registrations on an attached sheet				Total	\$

Signature required

Date

Parent or guardian if under 18

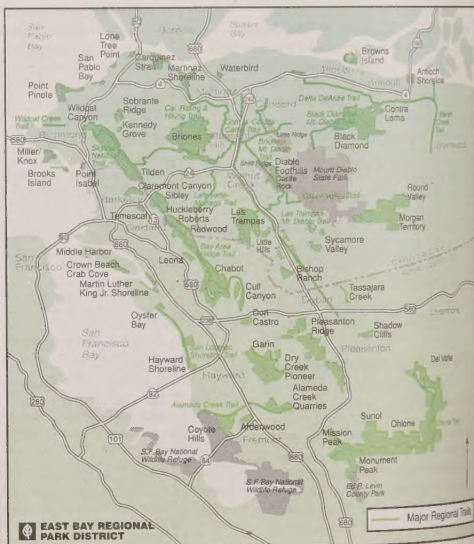


☐ Please check here if you are disabled and in need of special accommodations

How did you hear about our programs? ☐ TV ☐ Newspaper ☐ Visitor Center ☐ Radio ☐ Other

Office Use

Amount paid _____ Check no./cash _____ Register no. _____ Staff initials _____



Family Fun Nights and Camporees!

Visit the Regional Parks for quality family fun in the beautiful outdoors!

FREE Family Fun Nights

Thursday evenings, 5:30 pm - 7 pm, in a new location each week.

These events are FREE to everyone and include arts and crafts,

ice-cold lemonade, impressive nature programs, and much more!

July 1 - Del Valle (Livermore)

July 8 - Coyote Hills (Fremont)

July 15 - Crown Memorial State Beach

(Alameda)

July 22 - Martin Luther King Jr.

Regional Shoreline (Oakland)

July 29 - Contra Loma (Antioch)

August 5 - Miller/Knox Regional Shoreline

(Richmond)

August 12 - Garin (Hayward)

August 19 - Point Pinole (Pinole)

August 26 - Tilden Nature Area (Berkeley)

Family Camporees

Come join us for an overnight adventure that is fun for the whole family! Outdoor games, all-camp competitions, swimming, water safety, nature programs, guided hikes, campfire songs, and an OUTDOOR MOVIE! \$15 adults. \$10 kids. Registration required.

July 17 & 18 - Del Valle (Livermore)

August 7 & 8 - Del Valle (Livermore)



Don't Miss These Events!

East Bay Regional Park District

Event Info.: 510-636-1684 or www.ebparks.org

East Bay Regional
Park District
2950 Peralta Oaks Court
Oakland, CA 94605-0381